Festive Mains • Make-Ahead Brunch • Seasonal Sides

INGREDIENTS FOR THE GOOD LIFE

EatingWell®

DECEMBER 2021

Have a Sweet Holiday!

58 DELICIOUS RECIPES

+ Convenience Foods Nutrition Experts Recommend

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Sweet on Pie

Serve up *sweet* this holiday season
with a festive pomegranate pie.
This ingredient list will make
your shopping as easy as pie!

SHOPPING LIST

Crust & Filling

- ☐ **5 Eggland's Best eggs, large**
- ☐ 9-inch prepared graham cracker crust
- ☐ Unflavored gelatin
- ☐ Granulated sugar
- ☐ Hibiscus flower powder
- ☐ Pomegranate juice
- ☐ Lemon juice
- ☐ Orange (for zest)
- ☐ Grated fresh ginger
- ☐ Salt
- ☐ Unsalted butter

Meringue

- ☐ **3 Eggland's Best eggs, large**
- ☐ Granulated sugar
- ☐ Cream of tartar
- ☐ Pomegranate arils (seeds) for garnish

Please see page 101 for
the complete recipe.

FARM FRESH
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Better taste. Better nutrition.
Better eggs.®

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By Jennifer Oldham • Recipes by Eric Skokan

COVER PHOTO:
TED & CHELSEA CAVANAUGH; STYLING: NORA SINGLEY; COVER RECIPE: PAGE 101.
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TED & CHELSEA CAVANAUGH; STYLING: NORA SINGLEY

YOUR COOKIES MAKE SANTA LATE FOR THE NEXT STOP.

WE'VE GOT A SNACK FOR PEOPLE LIKE YOU.

EatingWell

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CORRECTION: We appreciated the reader feedback on our story about alternative pets "Man's New Best Friend?" in the November issue. It turns out many cockatiels can talk, and some animals may have more downsides to consider. We encourage readers to do their own research to determine if a new critter is right for their home.

What's on Your Holiday Menu?

Flipping through this issue is getting me in the mood for some serious holiday menu planning. Here's what that looks like in my world: there will be many phone calls and texts with my mom and sister. These are part brainstorm, part negotiation. I will say something like, "Oh Ma, you should make that eggnog cake!" "The one with the cream sherry! Good idea!" she'll reply. Or I'll bring up ham to Katie, my sis, and she'll start talking about the pineapple soufflé Mom once made with ham. Or Mom will suggest leg of lamb, which will quickly head us in a Middle Eastern direction with a smoky eggplant salad, cardamom-laced rice pilaf, tabouli and schug. Bring up rib roast and we'll have to talk Yorkshire pudding techniques and debate the merits of mashed potatoes versus gratin. A couple of days of this and we will have a list of 20-plus things that would take us forever to cook, half of which don't go together and, not to mention, *way* more than we could possibly eat.

So then comes the weeding and horse-trading: who makes what, which things we keep and which we cut. Eventually we'll land on a list of recipes we're all excited about. When the day comes, we will gather to eat what we've cooked. And we'll resume discussing the food.

Capitalizing on my current festive meal-planning spirit, here's my first stab at a menu with the recipes from this issue. For an appetizer, I'm going with the Mini Bell Pepper Pebre *(page 50)*, a garlic-laced, zesty pepper-and-herb sauce to serve as a topper for slices of baguette. A holiday is the exact right reason to expand your cocktail horizons, so I will track down that wacky-looking citrus, the Buddha's hand, for the Gimlet-Tini on page 43. I love a project, something I wouldn't do on just any old day, plus I'm a Tex-o-phile, so for the main: Grill-Smoked Barbecue Brisket *(page 90)*. For sides, I'm still thinking of how downright silky the Olive Oil–Poached Carrots & Shallots *(page 60)* were when we tried them in the Test Kitchen. My nod to practicality is the Mashed Potato & Rutabaga Casserole *(page 84)*—it can be made two days ahead. Plus, that will give me my creamy, rich, potato fix. I want something peppery and tangy to bully that brisket, so I'll finish the sides lineup with the Arugula & Fennel Salad with Lemon Vinaigrette *(page 81)*. I'm a pie maker—I leave the cakes to my mom—so Pomegranate-Ginger Meringue Pie *(page 101)* for the finale.

I hope this issue gets you excited for your holiday feasts. Send me a note and let me know what you're going to make. I'm always ready for more ideas of what to cook!

Cheers,

Jessie

Jessie Price,
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Follow me on Instagram
@jessieeatswell

BRETT SIMISON

For more seasonal inspiration download a free copy of our Make It Merry holiday entertaining booklet. Simply hover your phone s camera over this code.

WE ASKED YOU:

What holiday song do you never get tired of hearing?

"It's the Most Wonderful Time of the Year."
And I don't even celebrate the holiday! You can't help but be in a good mood with that song!
—swk0368

"Little Drummer Boy" sung by David Bowie and Bing Crosby.
—shyla_itis

"Here Comes Santa Claus" by Gene Autry! Reminds me of my grandpa ... he always sang it to us!
—loriearivers

Adam Sandler's **"The Chanukah Song."**
—laurenmoskowitzcahen

"I'll Be Home for Christmas." Sniffled over that song when my husband was in Vietnam a long time ago.
—cosmoscostello

"Silent Night" by The Temptations.
—demkidz2

"Let It Snow!"
—chefbaegarnett

Festive sips—for ***everyone!***

Scan with your phone's camera for nonalcoholic drink recipes.

WHAT'S TRENDING ON

EatingWell.com

1 **Best of the Best** Revisit 2021's top food trends and recipes, like this 20-minute salmon with sun-dried tomato cream sauce. Simply beautiful! *EatingWell.com/bestof*

2 **Holiday Baking** From spritz cookies to cinnamon roll cake, we've got every recipe you need to sweeten the holidays—even gluten-free, diabetes-friendly and vegan options. *EatingWell.com/holidaybaking*

3 **Kwanzaa Feast** Based on 7 core principles that include unity, creativity and faith, this weeklong holiday celebrates African American & African culture. Find recipes to share with friends and family at *EatingWell.com/kwanzaa*

THE EATINGWELL GOOD-LIFE GURUS

Turn to the Instagrams of these decorating aficionados for tips to make your home sparkle this season.

@prettyrealblog
"Sometimes I feel too normal to be an influencer," says writer, blogger and stay-at-home mom **Tiffany DeLangie.** (As evidenced by her TV being front-and-center in her holiday photos.) Her passion for DIY and budget-friendly decor—along with her frankness about family life—is refreshing in a sea of inspo that often looks so unattainably perfect. We say, bring on the pretty *and* the real!

@warmhousestory
Last year, Target home product design director **Jason Berke** challenged himself to style eight days of menorahs. "Hanukkah inspiration is not plentiful," he says. But it's not *all* Festival of Lights; he's got ideas for any occasion on his personal IG @jasonmatthewberke and his new venture: Warmhouse Story. Think: candles, botanical arrangements and cheeseboards perfect for intimate gatherings.

@ellaclaireblog
Kristen Whitby's ethereal tablescapes, festive decorations and seasonal treats could cheer up even the Scroogiest of folks. Flocked trees, pops of red, lovely florals and lots of warm white lights are just some of what you'll find on her feed. Plus, get tutorials, recipes and free printables (like gift tags and wall decorations) on her blog to create your own homey and happy holiday.

CREDIT JAMIE VESPA; TIFFANY DELANGIE; @JASONMATTHEWBERKE; @ELLACLAIREBLOG

truvía

REVOLUTIONIZE YOUR RECIPES

SWEETENS CUP-FOR-CUP LIKE SUGAR,
WITH ZERO CALORIES PER SERVING.
THIS IS THE SWEETNESS REVOLUTION.

YOUR KIDS WANT NANA'S COOKIES. YOU'RE NOT NANA.

McCormick

IT'S GONNA BE GREAT

Make Nana proud and everyone else happy. Scan the code for this Holiday Painted Cookies recipe.

good life

fresh ideas for every day

NOT SO VANILLA

This foundational flavor may have a reputation for being boring, but its origins are anything but.

BY JILL WALDBIESER

You've likely pulled out the ubiquitous brown bottle countless times already this season, but have you ever stopped to think about where the vanilla in that extract comes from? Those wrinkled brown pods are actually the fruit of a tropical species of climbing orchid that only blooms once a year, when it must be pollinated by hand—a delicate process that requires a special tool akin to a toothpick. This hand-pollination technique, discovered by a 12-year-old boy in 1841, allowed vanilla to be cultivated in places other than its native Mexico and contributed to the spice's global popularity.

Vanilla planifolia, the species used in most commercial vanilla production, is what you may know as Madagascar (or sometimes Bourbon) vanilla, although it's also grown in Mexico, Papua New Guinea and other equatorial countries around the globe. There's also *V. tahitensis* or Tahitian vanilla, and *V. pompona*, often found in Central and South America. They taste similar, with slight variations. The Tahitian kind, for instance, contains fewer vanillins—the compounds responsible for its flavor—giving it a more subtle vanilla taste with sweet floral notes.

Processing vanilla isn't much easier than growing it. Beans are green when picked and have to be cured, a process than can take up to two months, explains Max Jentsch, the chief operating officer of Native Vanilla, a company that grows and sells fair-trade vanilla products. "It's a long process and difficult to do," he says. "Curing incorrectly can either lead to an unusable bean or a reduction in quality and size that would make it worth significantly less." Even when everything goes well, as little as 10% of the green beans may turn into usable vanilla.

It's no wonder, then, that pure vanilla carries such a high price tag (it's the second-most expensive spice after saffron, and about the same cost ounce-for-ounce as silver). But the price can fluctuate widely, influenced by forces of nature and changing demand. In the past decade, tropical storms have battered many of Madagascar's vanilla plantations, at one point causing the price per kilo to increase tenfold. "Because there are very few places that produce it, one natural disaster can have a big impact on the supply chain," Jentsch says.

While climate change threatens supply, our own appetite for more natural ingredients in food products has upped demand. Most vanilla flavoring in food products—as much as 99%—comes from artificial vanillin derived from petrochemicals, wood pulp or other sources. But in 2015, Nestlé, General Mills and other major food companies vowed to remove artificial flavors (including vanillin) from their U.S.-sold products, which raised demand for the real stuff.

Growing vanilla in an environmentally responsible way that supports farmers is important to ensure the future of the crop and meet global demand, says Dan Edmiston, founder of Native Vanilla. He grew up in Papua New Guinea and has dedicated his career to supporting the communities that produce it. His company buys vanilla directly from small growers and provides sustainable farming education and other support programs. "Sustainability is absolutely important, to the land, for making a quality product and for bettering the community," he says.

Did You Know?

Making your own vanilla extract is simple. Just split a couple vanilla beans in half lengthwise and add to a jar with a few ounces of a neutral spirit (try vodka or white rum). Store airtight at room temperature for several weeks before using.

THIS PAGE & PREVIOUS: KITTIBOWORNPHATNON/SHUTTERSTOCK

Gifts for the Goodest Pets

Even if they ate the gingerbread house or peed on the kids' snowman, your fur babies deserve some pampering this holiday season. We've got gift ideas they're sure to love. (Even if we all know which list they really belong on!) By Rachel Stearns

THE PURRFECT PERCH

K&H Pet Products
EZ Mount Window Scratcher Kitty Sill Cradle
For bird-watching or basking in the sun a window perch will be your cat s new favorite hangout spot. This one has a slim silhouette that mounts right to the glass with surprisingly strong suction cups saving prime living room real estate. Bonus: The curved cardboard seat doubles as a scratching surface which can be easily replaced once your cat has had her way with it. *($43 chewy.com)*

A CHEAP THRILL

Multipet Duckworth Webster Squeaky Plush Dog Toy
This bright toy is a favorite of many a playful pup. Multitudes of reviewers report their dogs mysterious love for this special duck—and the fact that while other stuffed toys are ripped to shreds this one remains intact! It s soft squeaky and suitable for snuggling (though maybe not the best for strong chewers). *($13 chewy.com)*

FIT TO BE BOW TIED

Bugco Bow Ties & Dog Collars
Based in Grand Prairie Texas this Etsy shop sells handmade collars in a huge selection of styles and prints. Shop holiday themes for a nod to the season or gift your dapper dog a bow tie (it s detachable so they can wear the collar separately). Human accessories are also available so you can match your best friend. Selfie time! *($9 and up etsy.com)*

CUTE COOKIES

Andy s Dandys Baked Dog Treats
Super-crunchy and satisfying Andy s Dandys dog treats feature human-grade ingredients and all-natural colors in the frosting and sprinkles. Flavors like apple-Cheddar and maple-pumpkin call to mind the mountains of Vermont where they re made by hand by a family-run business that also helps provide job training to teens and young adults with disabilities. ($3 and up *andysdandysvt.com)*

A POLITE PLEA

Grounds & Hounds Coffee Co. More Please Dog Bowl
The words at the bottom of this dishwasher-safe sturdy ceramic dog bowl could just as easily be on the bottom of a latte mug—we know the feeling! And the company behind it Grounds & Hounds Coffee Co. does too. It specializes in single-origin and other coffee as well as dog gear—and 20% of all profits are donated to pet rescues around the country. *($25 groundsandhoundscoffee.com)*

A COAT ABOVE

Land s End Dog Rain Jacket
Keep your pup dry and warm on drizzly walks with this adorable raincoat. It comes in navy or yellow and features a soft jersey-knit lining plus reflective accents for visibility. The quality is what you d expect for your own rainwear—it s not flimsy like some dog jackets out there. For cooler climes the company also offers a fleece-lined version. ($35 *landsend.com)*

COZY UP

Best Friends by Sheri The Original Calming Shag Fur Donut Cuddler Cat & Dog Bed
Even when he s not snuggling with you your pet will feel like he s wrapped in a warm hug in this faux-fur bed. Not only is the fabric luxuriously soft it s machine-washable too. *($35 and up chewy.com)*

RD-APPROVED

Convenience Foods

Even nutrition pros often rely on items that come in a box or bag. We asked registered dietitians (RDs) to share their favorite packaged foods—from mealtime shortcuts to easy snacks—and what to look for to snag the healthiest choices. So go ahead and make your life a little easier! ***By Karen Ansel, M.S., RDN***

NEXT-LEVEL SNACKS & SWEETS

Beef jerky
With 10 grams of protein and only 80 calories per ounce, beef jerky is a satisfying low-cal snack. "While it's delicious straight from the bag, I also like to add it to savory trail mixes or in place of bacon bits in salad," says Harbstreet. But choose wisely—look for brands with less than 300 mg sodium and no added sugar or nitrates.

Bagged prepopped Cheddar popcorn
Bring on the cheesy goodness! Some shopping pointers: Opt for bagged popcorn made with unsaturated sunflower oil and real Cheddar cheese and milk and no artificial colors. Why the prepopped stuff? Because some microwave corns are bathed in palm oil, delivering up to 6 grams of saturated fat per serving (that's almost half the daily maximum recommended by the American Heart Association) and often loads of salt too.

Flavored nut butter
"When you're looking for something a little indulgent, flavored nut butter can hit the spot with very little added sugar." says Connecticut-based nutritionist Amy Gorin, M.S., RDN. Her favorite is a salted caramel cashew butter, which has just 2 grams of added sugar per serving. (Compare that to Nutella, which packs a whopping 19 grams.) As a bonus, you'll nail 4 grams of protein. Shop for butters with minimal ingredients, such as nuts, cane sugar and sea salt. Spread on apple or pear slices or swirl into oatmeal or Greek yogurt.

FOR A HEALTHY START

Breakfast cereal
"Fortified breakfast cereal is a budget-friendly, no-fuss way to get a lot of important nutrients," says Los Angeles-based dietitian Patricia Bannan, M.S., RDN, author of *Eat Right When Time Is Tight*. People who regularly consume ready-to-eat cereal rack up more fiber, B vitamins, calcium, magnesium, iron and zinc than those who don't have it as often. Choose boxes with at least 3 grams of fiber and no more than 6 grams of added sugar per serving.

Whole-grain frozen waffles
No need to save waffles for the weekend! Whole-grain, high-protein varieties can help you stay surprisingly full thanks to a combo of fiber, egg whites and soy, wheat or whey protein. Aim for those with at least 8 grams of protein per serving, says Cara Harbstreet, M.S., RD, owner of Street Smart Nutrition in Kansas City, Missouri. Compare labels and opt for lower-sugar versions to save room for a drizzle of syrup or other toppings. *(Want more breakfast recs? See p.46 for our top pancake-mix picks.)*

Flavored creamer
Surprised? We were too. But Harbstreet notes that flavored creamer can jazz up coffee and make it feel special—and fully enjoying what you eat can be just as important as the nutrients it contains. "Healthy foods aren't just about nutrition," she says. "Food provides mental and emotional benefits, like recreating the taste of your favorite coffee-shop latte." Look for brands containing only milk, cream, sugar and natural flavors (and lactase if you're lactose-intolerant). And stick to a small splash.

ANNABELLE BREAKEY/GETTY IMAGES; STOCKCREATIONS/SHUTTERSTOCK; ILLUSTRATIONS BY AARON MESHON

MUST HAVE SIDES & CONDIMENTS

Stir-fry sauce

"It can add loads of flavor to veggies without having to take the time to stir together a ton of different ingredients," says Gorin. "Many are high in salt, so I tend to thin them out with low-sodium vegetable broth or water." Or look for reduced-sodium versions. Also good to know: some contain shellfish and gluten, so scrutinize the ingredient list if allergies are a concern or if you're vegan or vegetarian.

Canned veggie soup

When you can't find the motivation to cook—or haven't had a chance to grocery shop—opening a can or box of veggie-based soup can be an easy way to squeeze in produce. "Go for those with less than 350 milligrams of sodium per serving and at least 4 grams of fiber to keep you satisfied," says Bannan. Top soup picks include low-sodium lentil, butternut squash, black bean and minestrone.

Frozen french fries

A serving of frozen fries (regular or sweet potato) delivers roughly 10% of your daily potassium—a mineral that helps balance blood pressure. Opt for ones made with heart-friendly unsaturated fats like canola, sunflower or safflower oils, and cook them in the oven or air fryer.

BAKED, FROZEN FRENCH FRIES HAVE ABOUT 50% LESS CALORIES THAN FAST-FOOD VERSIONS

DINNER HELPERS

Frozen or refrigerated ravioli

"Ready-made ravioli is a quick, easy way to get restaurant-worthy results with way more control over sodium and calories," says Bannan. You can also make as much or as little as you'd like depending on how many people you're serving, and ravioli cooks really fast. To make your dinner complete, toss in veggies, such as spinach, zucchini and fresh tomatoes, and top with store-bought marinara or pesto sauce (look for low-sodium options with minimal or no added sugar).

Canned chili beans

Beans are known for their blood pressure– and cholesterol-lowering effects. And they're an excellent source of fiber (around 9 grams in a ½-cup serving) and protein. But only 8% of Americans eat them daily. Enter canned chili beans. Cooked, spiced and sauced, these tasty, heat-and-eat legumes are a great side dish that makes getting your bean fix a breeze. Choose lower-sodium varieties with less than 150 mg per serving.

Frozen meatballs

Frozen meatballs are a no-brainer way to pump up pasta's protein. Go for varieties seasoned with herbs and spices for great flavor, and skip those containing added caramel color and preservatives like BHA. For a heart-healthier option, pick chicken, turkey or plant-based meatballs over beef and pork, which can contain nearly half your daily allowance of saturated fat.

A Better-Balanced Body

Little moves that hone your stability—and why they're so important to your overall fitness. By Cari Shane

You need balance for a whole lot of things—from injury prevention to activities like skiing and, well, just everyday life. This complex "sixth sense" involves three interrelated systems—your vision, inner ears and muscles and joints—that tell you where your body is in space, or proprioception. As you age, it becomes even more important: studies show that balance starts to decline as early as your 40s, putting you at higher risk for falls and other injuries. "Balance is just like anything else—if you don't use it, you lose it," says physical therapist Tarik Chase, M.P.T., owner of Back to Life Physical Therapy in Washington, D.C. Try adding some of these simple, stability-boosting moves to your day.

1. Balance on one foot.

"This is *the* best exercise you can do," says Caroline Fisher Queale, M.P.T., owner of Elite PT Baltimore. And it's easy to slip in any time of day—while you're in line at the grocery store, brushing your teeth or stirring a pot. Once you've mastered that, try one-leg standing with your eyes closed. This will help sharpen your proprioception, says Queale.

2. Swap your office chair for an exercise ball.

"It's more unstable and will force you to recruit core muscles that you don't use when you're sitting in a regular chair," says Chase. Those core muscles—the ones in your abs, back and hips—are essential for stabilizing your whole body.

3. Look around while walking.

This may seem strange, but moving your head back and forth as you stroll actually helps retrain how your eyes and inner ears integrate to keep you balanced, explains Queale. "It might feel awkward at first," she admits, "but it gets easier the more you do it."

4. Stand up straight.

Poor posture (from, say, being hunched over a keyboard all day) can shift your center of gravity, making you more unstable. So improving your stance will ensure you're better balanced. Try this move while you're in the car at a stoplight: lean your head against the headrest with your arms at your sides and elbows bent at a 90-degree angle with palms up, then squeeze your shoulder blades down and back and hold for 20 seconds. Take a 5-second rest and repeat until the light turns green. "Those lower shoulder blade muscles help with your posture and keep you a little bit straighter," says Queale.

5. Work those thighs.

Your adductors (inner thigh muscles) are important for balance because they keep the hips in alignment, notes Queale. She recommends placing a soft ball or firm pillow between your thighs, while seated, and squeezing it for 5 seconds. Then relax and repeat several times.

LUCY ROSE

Polished & Ready to Party

If you're like us, your hands could use a little TLC—between all the cooking, snow shoveling, kid wrangling and daily life-living. And with holiday gatherings and cocktail parties on the horizon, there's no better time to show them the love. We rounded up some products and pro tips to help ready your skin and nails for the festivities. Prepare to get mani *compliments. By Christina Vercelletto*

Pharaoun Superpower Cocktail Ring Here's proof that elegant and festive are not mutually exclusive. Available in several stones and finishes, this stunner will complement your refreshed hands and nails—and proceeds from each sale go to the racial justice nonprofit Color of Change. ($145-195; *pharaoun.com*)

Naturally London Hydrating Cuticle Oil Pamper dry cuticles—the bedrock of healthy nails—with this portable pen that makes application foolproof (and mess-proof). Its secret formula? A blend of antioxidant-loaded willow bark, aloe, lavender and rosehip to hydrate and heal. ($22; *naturallylondon.com*)

JINsoon HyperCare Cuticle Pusher & Reducer This ergonomic tool has two angled sides designed to nudge back both soft and tough cuticles, while diamond particles at the tips gently buff away excess skin at the base of your nails—much easier and better for your hands than trimming your cuticles. ($32; *jinsoon.com*)

10+ Free Chemistry Clean Nail Color in Quicksilver *The* trend this season is a sheer nude with fun add-ins, like glitter, says Jin Soon Choi, expert nail artist and founder of the company JINsoon. This nontoxic, vegan enamel is free of 21 harmful substances and formulated to last for 10 days. ($12; *10freelife.com*)

Lano Rose Hand Cream Intense For fighting the effects of wintry weather and dry indoor air, "a rich cream is better than a lotion," says celebrity nail artist Elle Gerstein. Top rated Lano Rose leaves a silky, protective veil over skin, thanks to rose oil, an antioxidant that also gives the cream its heavenly scent. ($15; *ulta.com*)

TOP: DANIEL VIERO/GETTY IMAGES

Salt City Market

Mother Road Market

La Cocina Municipal Marketplace

5 Fab Food Courts

U.S. food halls have become vibrant culinary and social destinations providing global cuisine and community all under one roof. With hundreds of these sprawling eateries popping up across the country there s a good chance one s near you. Here are some of our favorites. By Beth Demmon

Salt City Market
Syracuse New York

Launched in January 2021, Salt City Market is a trip around the world, with cuisines from Burma, Iraq, Jamaica and more. But while the food is global, the focus is local. "We hope guests start to see what cool, talented, dynamic people live here and indulge in some well-deserved civic pride," explains market manager Adam Sudmann. He recommends checking out the "world class" banh mi from Mamma Hai or the perpetually busy halal stall. *(saltcitymarket.com)*

Plant City
Providence Rhode Island

"Small but mighty" is an apt descriptor of both Rhode Island and Plant City, the world's first plant-based, vegan food hall and marketplace, which houses four restaurants, three bars, a coffee shop, bakery, gourmet grocery store and an event space. Order a pizza at Double Zero, or try New Burger's guacamole "burger" topped with salsa verde and a side of fries drizzled in beet ketchup—a favorite of vegans and omnivores alike. *(plantcitypvd.com)*

City Foundry STL
St. Louis Missouri

After years of planning, City Foundry STL finally opened this summer, bringing people together through food, music and art. The 300,000-square-foot complex includes the city's first food hall, a gateway to some of the best cuisine from around the world, including Asian-Mexican fusion tacos and tongue-swelteringly hot Indian food. There are currently 11 eateries, and more are expected to open throughout 2022. *(cityfoundrystl.com)*

Mother Road Market
Tulsa Oklahoma

Located in a historic grocery building on Route 66, Mother Road Market is Oklahoma's only nonprofit food hall. Guests can chow down at over 20 food stalls ranging from sushi and Mexican fare to bagels and ice cream, or check out what's cooking at the Kitchen 66 Takeover Cafe—a rotating pop-up for the incubator program that has helped over 150 budding entrepreneurs since 2016. You can also snag some locally made goods and apparel at one of the retail spaces and enjoy a game of mini-golf on the Route 66–themed course on its expansive patio. *(motherroadmarket.com)*

La Cocina Municipal Marketplace
San Francisco California

La Cocina began in 2005 as a nonprofit kitchen incubator program with the lofty goal of "solving problems of equity in business ownership," by reducing barriers to entry for entrepreneurs hoping to start their own food businesses, according to executive director Caleb Zigas. Last April, it opened its municipal marketplace, a sleek, modern space that houses all-women-owned restaurants serving global fare—for takeout or on-site dining—like Senegalese street-style spaghetti sandwiches and Salvadoran pupusas. *(lacocinasf.org)*

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Table Talk with Jacques Torres

From working in Michelin-starred restaurants to his retail chocolate empire in New York City, pastry chef Jacques Torres (aka Mr. Chocolate) has been at the forefront of the sweet scene for decades. *EatingWell* caught up with him about his holiday traditions and the most hilarious moments as a judge on the Netflix baking show *Nailed It!* By Rachel Stearns

What food says home to you?
Almonds. I grew up in a little house in the South of France with a big almond tree behind it. In the fall, we would harvest the almonds and roast them on the stove for hours, and then after dinner, we'd crack them and eat them. The whole house smelled like almonds!

Is there a kitchen tool you can t live without?
The most precious tools I have as a pastry chef are my hands. But some items I always have in my kitchen are an infrared thermometer, immersion blender and a heat gun or hair dryer. I have been tempering chocolate with these three tools for decades—I even travel with them.

What food is always in your fridge?
I own a chocolate company, so—I'm sorry, but I always have chocolate around! I have a 2-year-old daughter, Jacqueline, and a 5-year-old son, Pierre. The only way to get Pierre to drink milk is to mix in a little bit of dark chocolate—we call it chocolate juice!

What is your favorite childhood memory of the holidays?
I come from a very humble family. Christmas was the only time my mom would buy those 2-foot-wide boxes of chocolate from the supermarket. I used to take the box under the table, unwrap the chocolates and bite into them. And when I found one made with a hazelnut or almond filling, it was like paradise! Even today, when I go to the supermarket and see those boxes, I still remember being a little boy, hiding behind the plastic tablecloth with those chocolates. It's a fun memory.

***Nailed It!* is *so* funny. Can you share any particularly memorable moments?**
I love working with host and comedian Nicole [Byer]. Once, a baker used salt instead of sugar. I'm always careful of what I eat, but Nicole had a big bite of it—I'll never forget the face she made! Another time, a baker used so much food coloring. I ate around it, but poor Nicole had a blue tongue the rest of the day while we were shooting.

At *EatingWell* we aim to balance health and deliciousness in our food. How do you do that in your own life?
When we had Pierre, I decided to get healthier; I lost about 60 pounds. Food, alcohol, chocolate, sugar—everything is about moderation. I am someone who can eat the whole Camembert, because I love cheese. But if I cut it into eight pieces, I will have one, and that's it. And the next day I will have another piece. It was so hard to lose the weight, but I did, so now I'm very careful about keeping it off.

See pages 38 and 98 in this issue.

MARK LEIBOWITZ PICTURES

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FIND THIS ***White Chocolate Mousse Cheesecake with Sugared Cranberries*** RECIPE HERE.

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Could You Have Anemia?

This common blood condition is most often caused by low iron stores and can make you feel run-down and weak. Read on to learn if you're at risk of iron de ciency, how much of the mineral you need, and the dietary tweaks that can get your levels up.
By Jessica Migala

Americans are consuming nearly 10% less iron, on average, compared to two decades ago, leading to an alarming rise in deficiencies, according to a 2021 study published in *The Journal of Nutrition*. Why? The researchers say it may stem from an effort to eat healthier—people shifting away from red meat and toward leaner proteins like chicken, which are lower in the mineral. They also point out that many typically iron-rich foods, such as beef, beans and apricots, pack less of it than they used to, due to modern farming practices that have decreased levels of iron in the soil.

That's concerning, given that iron serves a number of essential functions in the body. Most notably, it's needed to make hemoglobin, a protein in red blood cells that carries oxygen from the lungs to the body's tissues. A less-recognized function is the mineral's role in metabolism. "Iron is needed to activate certain enzymes that help us get energy from the nutrients in the food we eat," says Claire Norton, M.S., RD, a senior lecturer in the nutrition department at the University of Massachusetts at Amherst School of Public Health & Health Sciences. For these reasons, not getting enough iron can leave you feeling run-down.

Iron deficiency is the No. 1 cause of anemia, accounting for up to half of all cases. The condition affects about 5% of Americans, but is much more common in certain groups. Women, for example, are twice as likely to have anemia as men, and Black women are particularly impacted—more than a quarter of those aged 30 to 59 have it, according to a study published in *PLoS One*. Iron-deficiency anemia (IDA) sets in when stores of the mineral are exhausted and the body can't make enough red blood cells, triggering symptoms like fatigue, weakness, dizziness and headaches.

Those most at risk for IDA are people whose iron requirements are the highest, says Laurie Tansman, M.S., RD, CDN, a clinical nutritionist at Mount Sinai Hospital in New York City. *(See box, left.)* Premenopausal women need more than twice as much iron as men due to blood loss from menstruation. And pregnant women need 50% more iron than usual to accommodate the developing baby's needs. Vegans and vegetarians also have a greater risk of IDA because plants contain mostly non-heme iron, which is not as readily absorbed as the type found in meat. As a result, they may need nearly double the RDA of iron compared to omnivores, according to the National Institutes of Health. *(See "Pump Some Iron," right.)*

So how do you know if you're deficient? Some of the symptoms of IDA—especially exhaustion—can easily be chalked up to stress, overwork or lack of sleep, but shouldn't be brushed aside, especially if you are in one of the high-risk groups. If you tell your doctor you've been especially tired lately, "any health professional worth their salt will do two things: Make sure your thyroid is functioning OK and check your iron levels. These are the two most common causes of fatigue," says Norton. Your doctor can order a blood test to check your complete blood count (which measures several components of the blood, including red blood cells), as well as iron stores (serum ferritin levels) in your body. If you are found to have IDA—or even suboptimal iron levels—your provider may advise certain dietary changes, such as these.

Pour a Bowl of Cereal

"I routinely recommend fortified breakfast cereals for patients who have IDA," says Tansman. Read the label to see how much iron your pick provides. "And if you're eating it with milk, drink the milk at the end," she adds. The added vitamins and minerals are sprayed on top of the cereal and can wash off into the liquid.

Pair Plants Smartly

Consuming vitamin C along with iron-rich plant foods aids in the absorption of the mineral, says Norton—and that can be particularly helpful for vegans and vegetarians. So top a spinach salad with C-rich tomatoes or strawberries or toss bell peppers into a warm lentil salad.

Consider a Supplement

If diet isn't enough to get your levels up, you might want to take an iron supplement—but get your health care provider's OK first. "People often try to self-treat when they suspect they have anemia, and end up doing more harm than good," says Tansman. "Anemia can be caused by other deficiencies and taking iron may mask the identification of the correct cause." Iron supplements are also known to be constipating, so you'll want to work with your doctor to counteract that side effect.

How Much Iron Do You Need?

To ensure you re getting enough iron follow the Recommended Dietary Allowances (RDA):

Men 19 years and older: 8 mg
Women 19-50 years old: 18 mg
Pregnant women: 27 mg
Lactating women: 9 mg
Women 51 years and older: 8 mg

Pump Some Iron

Top sources of the mineral include:

Fortified breakfast cereal
18 mg per serving
(100% Daily Value)

White beans
8 mg per cup cooked
(44% DV)

Oysters
8 mg per 3 oz. cooked
(44% DV)

Lentils
3 mg per ½ cup cooked
(17% DV)

Spinach
3 mg per ½ cup cooked
(17% DV)

Tofu
3 mg per ½ cup
(17% DV)

Lean beef
2 mg per 3 oz. cooked
(11% DV)

Sardines
2 mg per 3 oz.
(11% DV)

Dark chocolate
2 mg per 1 oz.
(11% DV)

Tomatoes
2 mg per ½ cup
stewed and canned
(11% DV)

Cashews
2 mg per ¼ cup
(11% DV)

Potato
2 mg per medium baked
(11% DV)

Chicken thighs
1 mg per 3 oz. cooked
(6% DV)

Molasses
1 mg per Tbsp.
(6% DV)

Canned tuna
1 mg per 3 oz.
(6% DV)

Sources: National Institutes of Health & USDA

Choose Your Pan Wisely

Cooking in a cast-iron skillet imparts the mineral into your food says Norton. This was discovered more than 30 years ago when researchers prepared 20 foods in various pans and found that 90% of them contained more of the mineral when cooked in cast iron compared to noniron pans.

Scan with your phone s camera for recipes to boost your iron intake.

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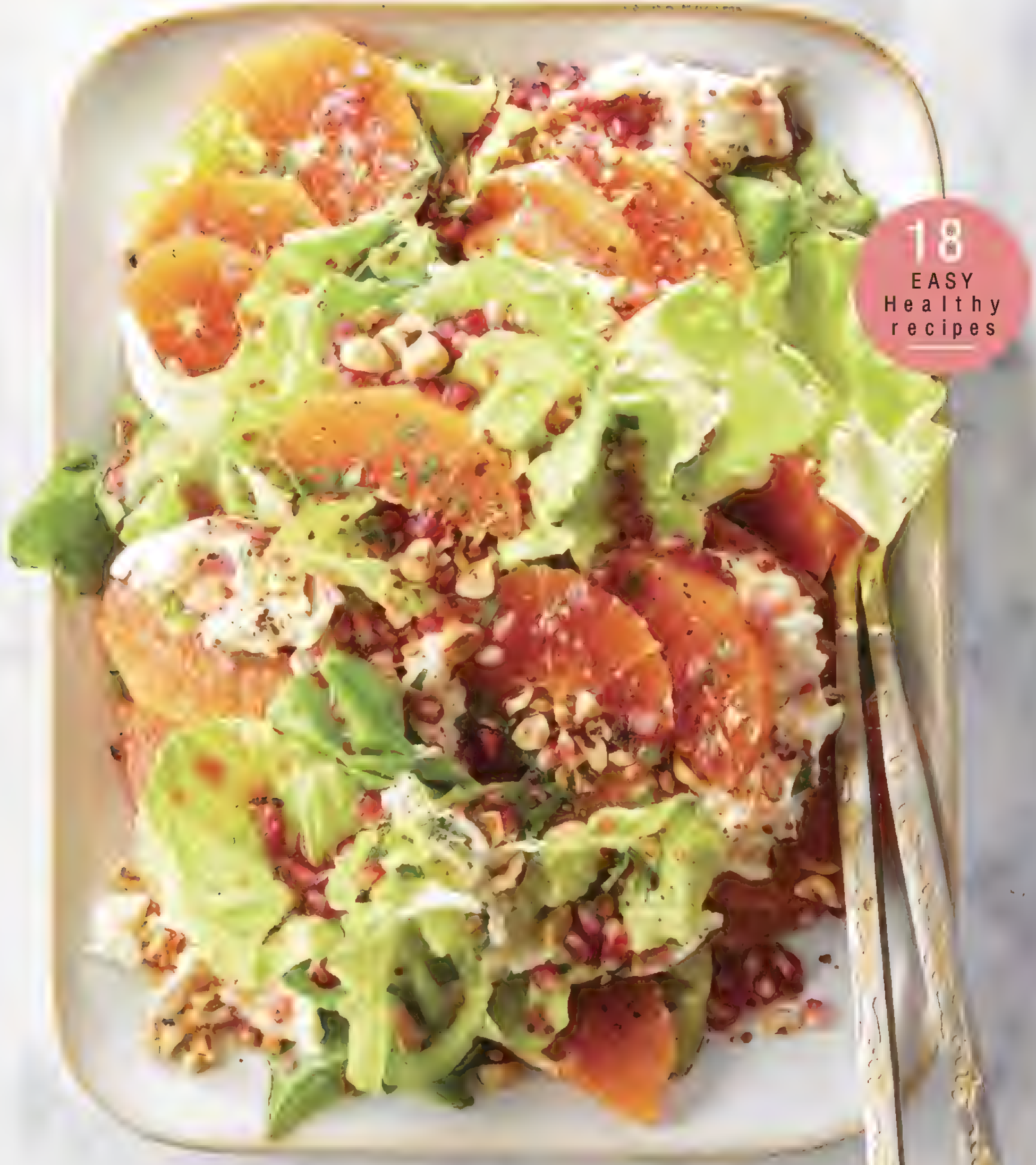
dinner tonight



18 EASY Healthy recipes

Photography by Jacob Fox

Styling by Greg Luna & Sue Mitchell

Squeeze the Day

Cara Cara Orange & Burrata Salad, next page

Cara Cara Orange & Burrata Salad

ACTIVE: 20 min **TOTAL:** 20 min

At the soft center of burrata is stracciatella a fresh cheese made from shreds of stretched curd and cream. The cheese s richness complements the juicy tang of citrus and tarragon in this salad. (Photo: page 23.)

- **4 Cara Cara oranges** *(see Tip page 99)*
- **2 tablespoons pomegranate juice**
- **2 teaspoons honey**
- **2 teaspoons lime juice**
- **2 teaspoons rice vinegar**
- **2 teaspoons minced shallot**
- **2 teaspoons finely chopped fresh tarragon, plus leaves for garnish**
- **½ teaspoon whole-grain mustard**
- **⅛ teaspoon salt**
- **⅛ teaspoon ground pepper**
- **2 tablespoons extra-virgin olive oil**
- **5 cups red-leaf Boston *or* Bibb lettuce**
- **4 ounces burrata cheese**
- **2 tablespoons pomegranate arils (seeds)**
- **Crushed toasted hazelnuts for garnish**

1. Using a sharp knife, slice both ends off oranges and remove the peels and white pith; discard. Cut the oranges into ¼-inch-thick slices.
2. Whisk pomegranate juice, honey, lime juice, vinegar, shallot, tarragon, mustard, salt and pepper in a large bowl. Slowly whisk in oil. Reserve 3 tablespoons of the dressing. Toss lettuce with the remaining dressing in the bowl.
3. Arrange the lettuce and orange slices on a platter. Tear burrata and scatter over the top along with pomegranate arils. Drizzle with the reserved 3 tablespoons dressing and sprinkle with hazelnuts and tarragon leaves, if desired.

SERVES 4: 1¼ cups each
Cal 248 **Fat** 14g (sat 5g) **Chol** 20mg **Carbs** 27g **Total sugars** 19g (added 3g) **Protein** 7g **Fiber** 4g **Sodium** 205mg **Potassium** 205mg.

Lemon-Parmesan Crispy Smashed Potatoes

ACTIVE: 10 min **TOTAL:** 45 min

Smashing parboiled potatoes creates more surface area and craggy edges that get crisp when roasted in a hot oven.

- **1 pound baby potatoes**
- **2 tablespoons extra-virgin olive oil**
- **¼ teaspoon salt**
- **¼ teaspoon pepper**
- **4 cloves garlic, smashed and peeled**
- **2 tablespoons grated Parmesan cheese**
- **Zest of 1 lemon**

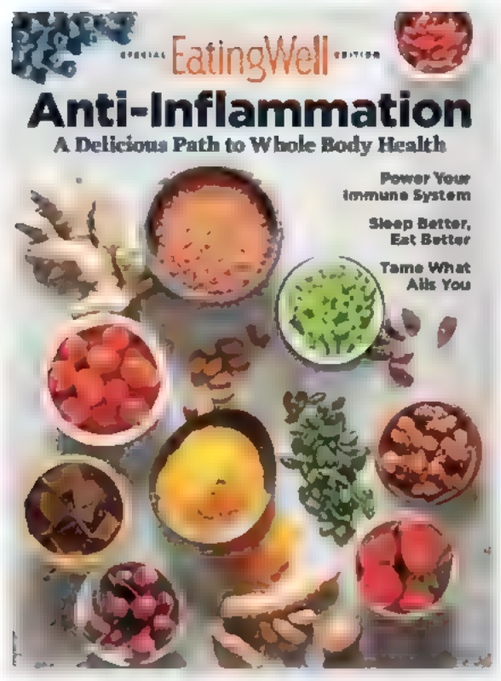
1. Position rack in lower third of oven; preheat to 450°F.
2. Place potatoes in a large pot, cover with water and bring to a boil. Cook, covered, until fork-tender, about 15 minutes. Drain.
3. Drizzle 1 tablespoon oil on a large rimmed baking sheet. Add the potatoes and, using the bottom of a glass coated with cooking spray, gently smash each potato to flatten. Drizzle with the remaining 1 tablespoon oil and sprinkle with salt and pepper. Scatter garlic on the pan.
4. Bake the potatoes, flipping once halfway, until crispy, about 20 minutes. Sprinkle with Parmesan and lemon zest.

SERVES 4: ⅔ cup each
Cal 158 **Fat** 8g (sat 1g) **Chol** 2mg **Carbs** 20g **Total sugars** 2g (added 0g) **Protein** 3g **Fiber** 2g **Sodium** 211mg **Potassium** 535mg.

RECIPES BY DEVON O BRIEN LAURA KANYA

LIVINGWELL

YOUR GUIDE TO PRODUCTS, PROMOTIONS & SPECIAL EVENTS



EATINGWELL ANTI-INFLAMMATION

Inflammation contributes to every major chronic condition from heart disease to cancer to diabetes. Under normal circumstances, some inflammation is a good thing: it's your body's natural protective response to an illness or injury. This special edition from EatingWell presents the research-driven science surrounding the body's inflammatory response, along with what to eat to help stave off the side effects. This edition also includes recipes that highlight anti-inflammatory ingredients, and some pantry staples and spices that can keep inflammation at bay.

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GOOD GREENS

Collards top the list of calcium-rich veggies boasting almost as much of the bone-bolstering mineral cup for cup (cooked) as milk.

Chorizo & Black Bean Stew with Collards

ACTIVE: 30 min TOTAL: 40 min

This quick stew was inspired by feijoada Brazil s national dish made with black beans and a variety of meats (usually several cuts of pork and beef). In place of the Portuguese chouriço sausage we use similarly spiced chorizo and sprinkle just a bit on top to keep the sodium at bay. Serve over rice.

- 2 tablespoons extra-virgin olive oil divided
- 4 ounces Mexican-style chorizo casing removed
- 12 ounces pork tenderloin trimmed and cut into 1-inch pieces
- ½ medium white onion chopped
- 2 cloves garlic minced
- 2 bay leaves
- 1 15-ounce can no-salt-added black beans rinsed
- 1½ cups water plus 2 tablespoons divided
- ½ teaspoon white-wine vinegar
- ½ teaspoon salt divided
- 12 ounces collard greens (2 bunches) stemmed and thinly sliced
- Fresh cilantro sliced scallions & orange wedges for serving

1. Heat 1 tablespoon oil in a large pot over medium heat. Add chorizo and cook crumbling with a wooden spoon until crisp 3 to 5 minutes. Using a slotted spoon transfer the chorizo to a small bowl leaving as much of the drippings in the pan as possible.
2. Add pork and cook stirring occasionally until browned on all sides 3 to 4 minutes. Transfer the pork to a plate. Add onion garlic and bay leaves cook stirring occasionally until soft 3 to 5 minutes. Add beans and mash half of them with a potato masher.
3. Return the pork to the pan and add 1½ cups water. Cook stirring occasionally until the pork is tender and the liquid is reduced by half about 20 minutes. Stir in vinegar and ¼ teaspoon salt. Discard the bay leaves.
4. Meanwhile heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add half the collards and 1 tablespoon water. Cook stirring until the collards are reduced by half about 3 minutes. Add the remaining collards and 1 tablespoon water cook stirring occasionally until the collards are bright green and soft about 5 minutes more. Season with the remaining ¼ teaspoon salt.
5. Serve the stew with the collards and chorizo. Garnish with cilantro scallions and orange wedges if desired.

SERVES 4: ¾ cup stew & 1 cup greens each
Cal 426 Fat 22g (sat 5g) Chol 72mg Carbs 28g Total sugars 3g (added 0g) Protein 32g Fiber 12g Sodium 494mg Potassium 928mg.

RECIPE BY BREANA KILLEEN

Cheesy Portobello Chicken Cutlets with Broccoli

ACTIVE: 30 min TOTAL: 30 min

Adding nutty Gruyère atop the chicken at the very end and popping it under the broiler takes this dish from delicious to heavenly. If you can t find Gruyère Jarlsberg or Emmentaler cheese make good substitutes.

- 2 tablespoons extra-virgin olive oil divided
- 4 chicken cutlets (about 1 pound)
- ½ teaspoon salt divided
- ½ teaspoon ground pepper divided
- 1 large head broccoli cut into 2- to 3-inch spears
- ¼ cup water
- 1 cup sliced onion
- 1 large portobello mushroom cap stem and gills removed sliced
- 2 tablespoons balsamic vinegar
- 2 tablespoons Worcestershire sauce
- 1 teaspoon Dijon mustard
- 2 tablespoons chopped fresh thyme plus more for garnish
- 4 ounces sliced Gruyère cheese
- Chopped fresh parsley for garnish

1. Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Season chicken with ¼ teaspoon each salt and pepper and add to the pan. Cook flipping once until golden and an instant-read thermometer inserted in the thickest part registers 165°F about 6 minutes. Transfer to a plate.
2. Reduce heat to medium. Add 2 teaspoons oil and broccoli to the pan. Cook stirring occasionally until browned about 5 minutes. Add water cover and cook until tender about 5 minutes more. Transfer to the plate with the chicken.
3. Add the remaining 1 teaspoon oil onion and mushroom to the pan. Cook stirring occasionally until lightly browned 5 to 8 minutes. Stir in vinegar Worcestershire mustard thyme the remaining ¼ teaspoon each salt and pepper and any accumulated chicken juices from the plate. Cook stirring and scraping up any browned bits for 1 minute.
4. Meanwhile position rack in upper third of oven preheat broiler to high.
5. Return the chicken to the pan and spoon the mushroom mixture on top. Arrange the broccoli around the chicken. Top with cheese. Broil until the cheese is golden brown 1 to 2 minutes. Serve topped with parsley and/or more thyme if desired.

SERVES 4: 3 oz. chicken & ¾ cup vegetables each
Cal 376 Fat 19g (sat 7g) Chol 114mg Carbs 12g Total sugars 6g (added 0g) Protein 37g Fiber 3g Sodium 737mg Potassium 819mg.

RECIPE BY LAURA LANYA

Scan with your phone s camera for more easy skillet dinners.

Cauliflower Fajita Skillet

ACTIVE: 15 min TOTAL: 45 min

Thinly sliced cauliflower florets mimic the signature shape of fajita meat in this dish. We cook it in a cast-iron skillet for that tableside sizzle you d get at a restaurant.

- 1 medium head cauliflower trimmed and thinly sliced
- 1 medium red bell pepper sliced
- 1 medium onion sliced
- 3 tablespoons extra-virgin olive oil
- 1½ teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup pico de gallo
- ¼ cup chopped pickled jalapeño peppers
- Chopped fresh cilantro for garnish
- 1 14-ounce can light-in-sodium refried beans warmed
- 12 corn tortillas warmed

1. Position a rack in top third of oven and place a large cast-iron skillet on it. Preheat to 425°F.
2. Combine cauliflower, bell pepper, onion and oil in a medium bowl and toss to coat. Sprinkle with chili powder, cumin, coriander, salt and pepper and toss until well coated. Carefully add the mixture to the hot pan. Roast, stirring once, until the vegetables are tender, about 30 minutes.
3. Set broiler to high. Broil the vegetables until lightly browned, about 2 minutes.
4. Top the vegetables with pico de gallo, jalapeños and cilantro, if desired. Serve with refried beans and tortillas.

SERVES 6: 1⅓ cups vegetables, ⅓ cup refried beans & 2 tortillas each

Cal 302 Fat 11g (sat 2g) Chol 0mg Carbs 48g Total sugars 6g (added 0g) Protein 9g Fiber 9g Sodium 507mg Potassium 622mg.

RECIPE BY ADAM DOLGE

Horseradish Salmon with Crispy Leeks

ACTIVE: 25 min TOTAL: 25 min

Here we coat leeks in a bit of cornstarch then pan-fry for a crispy topping for the salmon. Spreading horseradish-spiked mayonnaise over the fish before baking keeps it moist and gives it a peppery bite.

- 1¼ pounds salmon fillet cut into 4 portions
- ½ teaspoon salt divided
- ½ teaspoon ground pepper divided
- 2 tablespoons mayonnaise
- 1 tablespoon prepared horseradish
- ¼ cup extra-virgin olive oil
- 1 medium leek white and pale green parts only cut into matchsticks
- 3 tablespoons cornstarch

1. Preheat oven to 425°F. Line a rimmed baking sheet with foil.
2. Pat salmon dry and place on the prepared baking sheet. Sprinkle with ¼ teaspoon each salt and pepper. Mix mayonnaise and horseradish in a small bowl and brush over the salmon. Roast until the salmon is opaque in the center 7 to 10 minutes.
3. Meanwhile heat oil in a large skillet over medium-high heat. Toss leek with cornstarch and add to the pan. Cook separating the leek strands with tongs as they cook until crispy and golden brown 5 to 8 minutes. Transfer to a paper-towel-lined plate and sprinkle with the remaining ¼ teaspoon each salt and pepper. Serve the salmon topped with the leek.

SERVES 4: 4 oz. salmon & ¼ cup leek each
Cal 316 Fat 17g (sat 3g) Chol 69mg
Carbs 9g Total sugars 1g (added 0g)
Protein 29g Fiber 1g Sodium 425mg
Potassium 578mg.

FISHING FOR BENEFITS

Getting plenty of omega-3s from either foods (hello salmon!) or supplements has been linked with decreased severity of respiratory conditions including pneumonia asthma and even COVID-19 according to preliminary research. This may be due to the role omega-3s play in tamping down inflammation in the body.

RECIPE BY ADAM DOLGE

Buffalo Chicken Mini Meatloaves

ACTIVE: 30 min **TOTAL:** 1 hr

TO MAKE AHEAD: Individually wrap baked loaves; freeze for up to 1 month.

Vegetables ketchup and classic Buffalo wing flavorings—blue cheese and hot sauce—add moisture to lean ground chicken. Combining those ingredients before adding the meat helps avoid overmixing for the most tender loaves.

- **1 tablespoon extra-virgin olive oil**
- **3 stalks celery, finely chopped, plus 1 stalk, thinly sliced, divided**
- **3 large shallots, minced**
- **2 scallions, sliced**
- **1 large carrot, finely chopped**
- **2 large eggs, lightly beaten**
- **1 cup whole-wheat breadcrumbs *or* panko**
- **¾ cup crumbled blue cheese plus 1 tablespoon, divided**
- **4 tablespoons no-salt-added ketchup, divided**
- **3 tablespoons hot sauce, divided**
- **½ teaspoon ground pepper**
- **⅛ teaspoon cayenne pepper**
- **2 pounds ground chicken *or* turkey**
- **1 tablespoon honey**

1. Position rack in upper third of oven; preheat to 350°F. Line a rimmed baking sheet with foil and coat with cooking spray.

2. Heat oil in a large skillet over medium-high heat. Add chopped celery, shallots, scallions and carrot and cook, stirring occasionally, until tender, about 6 minutes. Transfer to a large bowl, spread into a thin layer and let cool for 5 minutes.

3. Stir eggs, breadcrumbs (or panko), ¾ cup blue cheese, 2 tablespoons ketchup, 1 tablespoon hot sauce, ground pepper and cayenne into the vegetables. Add chicken (or turkey) and mix until combined. Shape into 8 mini loaves, each about 4 by 3 inches, and place on the prepared baking sheet.

4. Combine honey and the remaining 2 tablespoons each ketchup and hot sauce in a small bowl. Brush over the loaves.

5. Bake the loaves until an instant-read thermometer inserted in the thickest part registers 165°F, 20 to 25 minutes. Set broiler to high. Broil until the tops of the loaves are browned, 3 to 5 minutes. Let rest for 5 minutes. Sprinkle with the remaining 1 tablespoon blue cheese and sliced celery.

SERVES 8: 1 mini loaf each

Cal 331 **Fat** 16g (sat 6g) **Chol** 154mg **Carbs** 19g **Total sugars** 5g (added 2g) **Protein** 26g **Fiber** 2g **Sodium** 483mg **Potassium** 847mg.

RECIPE BY LAURA KANYA

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SARAH JONES / *Writer, Performer*

A PLACE AT THE TABLE

Spicy Shrimp, Vegetable & Couscous Bowls

ACTIVE: 20 min **TOTAL:** 20 min

We like the chewy bite and large size of pearl couscous (sometimes labeled Israeli couscous) for the base of these bowls.

- 1½ cups whole-wheat pearl couscous
- 1 small red bell pepper, chopped
- ½ cup snow peas, trimmed and sliced
- 3 tablespoons sliced fresh basil, divided
- 3 tablespoons sliced fresh mint, divided
- 1 cup chopped fresh cilantro
- 2 tablespoons lime juice
- 1 tablespoon rice vinegar
- 1 tablespoon water
- 1½ teaspoons sambal oelek *(see Tip)*
- 1½ teaspoons grated fresh ginger
- 1 large clove garlic, crushed and peeled
- ½ teaspoon ground pepper, divided
- ⅛ teaspoon salt
- 5 tablespoons grapeseed oil, divided
- 1 pound raw shrimp (16-20 count), peeled and deveined

1. Cook couscous according to package directions. Drain rinse and place in a large bowl. Add bell pepper snow peas and 2 tablespoons each basil and mint.
2. Meanwhile combine cilantro lime juice vinegar water sambal oelek ginger garlic ¼ teaspoon pepper and salt in a blender. Blend until smooth. With the motor running slowly drizzle in 4 tablespoons oil. Set aside 2 tablespoons of the dressing. Toss the remaining dressing with the couscous and vegetables to coat.
3. Heat the remaining 1 tablespoon oil in a large skillet over high heat. Pat shrimp dry and sprinkle with the remaining ¼ teaspoon pepper. Add to the pan and cook flipping once until just cooked through about 2 minutes per side. Serve the shrimp and couscous mixture with the reserved 2 tablespoons dressing and the remaining 1 tablespoon each basil and mint.

SERVES 4: 3 oz. shrimp & 1 cup couscous salad each
Cal 478 **Fat** 18g (sat 2g) **Chol** 159mg **Carbs** 52g **Total sugars** 1g (added 0g) **Protein** 28g **Fiber** 6g **Sodium** 236mg **Potassium** 365mg.

LET'S SAMBAL

Sambal oelek is a thick Indonesian condiment made with chiles vinegar and salt that adds a spicy kick to the dressing here. Use the rest of that jar in stir-fries noodle dishes or in place of your favorite hot sauce.

ILLUSTRATION BY EMMA DIBBEN RECIPE BY LAURA KANYA

Pork Schnitzel with Creamy Dill Sauce

ACTIVE: 20 min TOTAL: 20 min

Pounding pork chops before breading and pan-frying is the signature method to getting crisp yet tender German schnitzel. Using an air fryer works well too and cuts back on calories (see instructions at right).

- ¼ cup sour cream
- 2 tablespoons dill pickle relish
- 2 tablespoons chopped fresh dill plus more for garnish
- 4 boneless pork loin chops (about 1 pound) trimmed
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- 2 tablespoons all-purpose flour
- 1 large egg
- 1 cup panko breadcrumbs
- ¼ cup extra-virgin olive oil
- teaspoon ground pepper
- 4 lemon wedges

1. Combine sour cream relish and dill in a small bowl. Set aside.
2. Using a meat mallet or a small heavy saucepan pound each pork chop between pieces of plastic wrap to an even ¼-inch thickness. Sprinkle the pork with garlic powder and salt.
3. Place flour in a shallow dish. Lightly beat egg in another shallow dish. Add panko to a third shallow dish. Dredge the pork in the flour shaking off any excess. Dip in the egg then dredge in the panko pressing to adhere.
4. Heat oil in a large skillet over medium heat. Working in batches if necessary cook the pork flipping once until golden and crispy and an instant-read thermometer inserted in the thickest part registers 145°F 4 to 6 minutes.
5. Sprinkle the pork with pepper. Garnish with additional chopped dill if desired and serve with the reserved sauce and lemon wedges.

SERVES 4: 1 pork chop & 1½ Tbsp. sauce each
Cal 363 Fat 23g (sat 5g) Chol 114mg Carbs 15g
Total sugars 1g (added 0g) Protein 23g Fiber 1g
Sodium 387mg Potassium 283mg.

GET OUT THE AIR FRYER

Coat the basket with cooking spray. Pound and bread the pork as directed in Steps 2-3 placing the pork in a single layer in the basket. Cook in batches if necessary at 360°F until an instant-read thermometer inserted in the center registers 145° about 10 minutes. (If preparing in batches cooking time for the second batch may be shorter.)

RECIPE BY HILARY MEYER

Creamy Harissa Chicken Cutlets

ACTIVE: 20 min TOTAL: 20 min

These spicy chicken cutlets are already wicked fast to make but to shave off even more time skip cleaning and slicing whole kale leaves and stir in a bag of chopped kale instead. (You may just need to cook it a couple minutes longer.)

- 4 chicken cutlets (about 1 pound)
- ¼ teaspoon salt divided
- ¼ teaspoon ground pepper divided
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons harissa sauce *or* paste *(see Tip)*
- 3 cloves garlic minced
- ½ cup dry white wine
- ½ cup heavy cream
- 4 cups thinly sliced kale

1. Sprinkle chicken with ⅛ teaspoon each salt and pepper. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted in the thickest part registers 165°F, about 6 minutes. Transfer to a plate.

2. Add harissa and garlic to the pan. Cook, stirring, for 1 minute. Add wine and cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining ⅛ teaspoon each salt and pepper. Simmer for 2 minutes. Stir in kale. Return the chicken to the pan and turn to coat with the sauce.

SERVES 4: 3 oz. chicken & ¼ cup sauce each
Cal 298 Fat 18g (sat 8g) Chol 97mg Carbs 5g Total sugars 1g (added 0g) Protein 25g Fiber 1g Sodium 261mg Potassium 328mg.

BRING THE HEAT

Harissa is a fiery North African condiment made with roasted chile peppers. Brands vary widely in terms of heat—so add a little at a time and taste as you go to achieve the level of kick that s right for you.

ILLUSTRATION BY EMMA DIBBEN RECIPE BY DEVON O BRIEN

Chicken & Mushroom Ragu

ACTIVE 30 min **TOTAL** 40 min

TO MAKE AHEAD: Refrigerate ragu (Steps 2-4) for up to 3 days or freeze for up to 3 months.

EQUIPMENT: Electric pressure cooker

An electric pressure cooker makes quick work of this rich savory sauce. Deglazing with wine and scraping up the browned bits from the bottom of the pot is the key to building flavor.

- 1 28-ounce can no-salt-added whole peeled tomatoes, preferably San Marzano
- ¼ cup extra-virgin olive oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 8 ounces cremini mushrooms, quartered
- 1¾ pounds boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
- 2 cloves garlic, grated
- ¼ cup tomato paste
- ½ cup dry red wine
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- 1 tablespoon chopped fresh rosemary
- 1 pound whole-wheat linguine *or* fettuccine
- ½ cup grated Romano cheese
- ½ cup chopped fresh parsley

1. Put a large pot of water on to boil.

2. Pour tomatoes and their juice into a medium bowl. Using your hands, break the tomatoes into chunks.

3. Heat oil in an electric pressure cooker on Sauté mode. Add onion, carrots and mushrooms; cook, stirring, until the mushrooms have released their liquid, about 5 minutes. Add chicken, garlic and tomato paste. Cook, stirring occasionally, until the chicken is coated and the mixture at the bottom of the pan is beginning to brown, about 4 minutes. Add wine, salt, crushed red pepper and the tomatoes. Cook, scraping up the browned bits, until beginning to boil, about 2 minutes. Turn off the heat.

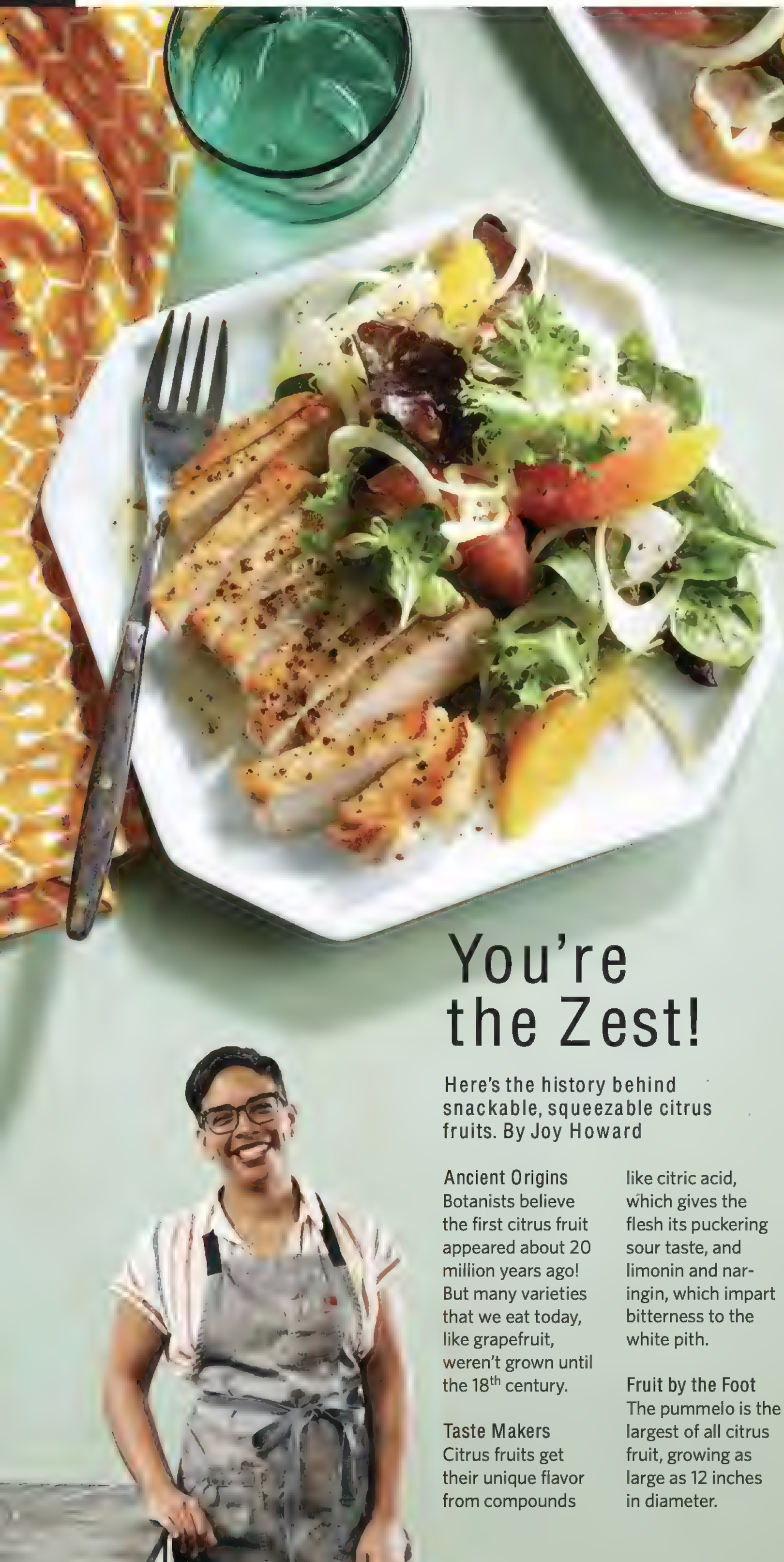
4. Close and lock the lid. Cook at High pressure for 10 minutes. Release the pressure manually. Stir in rosemary.

5. Meanwhile, cook pasta according to package directions. Drain and serve topped with the sauce, cheese and parsley.

SERVES 8: 1 cup pasta & 1 cup sauce each

Cal 464 **Fat** 17g (sat 4g) **Chol** 61mg **Carbs** 51g **Total sugars** 6g (added 0g) **Protein** 28g **Fiber** 8g **Sodium** 399mg **Potassium** 869mg.

Scan with your phone s camera for our fave instant pots and other pressure cookers.



Pork Chops with Citrus & Fennel Salad

ACTIVE: 25 min TOTAL: 25 min

- 4 boneless pork chops ½-inch-thick trimmed (about 1 pound)
- 1¼ teaspoons kosher salt divided
- ¾ teaspoon ground pepper divided
- 4 tablespoons extra-virgin olive oil divided
- 1 tablespoon unsalted butter
- 1 clove garlic smashed and peeled
- 1 red grapefruit
- 1 orange
- 1 tablespoon red-wine vinegar
- 1 5-ounce package baby lettuce mix
- 1 large fennel bulb trimmed and thinly sliced fronds reserved for garnish

1. KIDS DO Pat pork chops dry with a paper towel. Season on both sides with ¾ teaspoon salt and ½ teaspoon pepper.

2. Heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Add the chops and cook, undisturbed, until golden on one side, about 4 minutes. Add butter and garlic, tip the pan slightly and use a spoon to baste the chops with the butter. Flip and continue to cook, basting occasionally, until golden and an instant-read thermometer inserted in the center of each chop reaches 145°F, 2 to 4 minutes more. Transfer to a clean cutting board to rest for 5 minutes.

3. Meanwhile, slice both ends off grapefruit. Using a sharp knife, remove and discard the peel and white pith. Working over a large bowl, cut the segments from their surrounding membranes, letting the juice fall into the bowl and setting the segments aside. Squeeze the juice into the bowl and discard the membrane. Repeat with orange.

4. KIDS DO Add vinegar, the remaining 3 tablespoons oil, ½ teaspoon salt and ¼ teaspoon pepper to the juices in the large bowl and whisk to combine. Add lettuce and fennel along with the grapefruit and orange segments; toss until evenly coated.

5. Slice the pork, if desired; serve with the salad. Garnish with fennel fronds, if desired.

SERVES 4: 3 oz. pork & 2½ cups salad each
Cal 343 Fat 22g (sat 5g) Chol 65mg Carbs 16g Total sugars 10g (added 0g) Protein 20g Fiber 4g Sodium 695mg Potassium 633mg.

You're the Zest!

Here's the history behind snackable, squeezable citrus fruits. By Joy Howard

Ancient Origins

Botanists believe the first citrus fruit appeared about 20 million years ago! But many varieties that we eat today, like grapefruit, weren't grown until the 18th century.

Taste Makers

Citrus fruits get their unique flavor from compounds like citric acid, which gives the flesh its puckering sour taste, and limonin and naringin, which impart bitterness to the white pith.

Fruit by the Foot

The pummelo is the largest of all citrus fruit, growing as large as 12 inches in diameter.

INSET: JOE ST. PIERRE

Pasta & White Bean Soup

ACTIVE: 15 min TOTAL: 25 min
TO MAKE AHEAD: Refrigerate soup and pasta separately for up to 3 days.

We use mirepoix—a combination of onion celery and carrots—to flavor this soup. Keep a store-bought bag of the mixture in your freezer to ensure you always have some on hand without worrying about it going bad.

- 1 tablespoon extra-virgin olive oil
- 1½ cups frozen mirepoix (diced onion celery and carrot)
- 2 cloves garlic minced
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ¼ teaspoon crushed red pepper
- ¼ teaspoon ground pepper
- 1 28-ounce can no-salt-added diced tomatoes
- 2 cups low-sodium no-chicken broth *or* chicken broth
- 1 15-ounce can low-sodium cannellini beans rinsed
- 8 ounces small whole-wheat pasta such as elbows
- 1½ cups frozen cut-leaf spinach
- 4 tablespoons grated Parmesan cheese

1. Put a large saucepan of water on to boil.
2. Heat oil in a large pot over medium-high heat. Add mirepoix and cook stirring until softened about 3 minutes. Add garlic Italian seasoning salt crushed red pepper and ground pepper and cook stirring until fragrant about 1 minute. Add tomatoes and their juices broth and beans and bring to a boil. Reduce heat to maintain a lively simmer. Cover and cook stirring occasionally until the tomatoes begin to break down about 10 minutes.
3. Meanwhile cook pasta in the boiling water for 1 minute less than the package directions. Drain.
4. Stir spinach into the soup. Stir in the pasta just before serving. Serve topped with Parmesan.

SERVES 6: 1 cups each
Cal 277 Fat 5g (sat 1g) Chol 3mg Carbs 49g Total sugars 7g (added 0g) Protein 12g Fiber 9g Sodium 576mg Potassium 329mg.

RECIPE BY DEVON O BRIEN

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Get *Eating Well* recipes on the go plan meals and track the grocery list with Cozi the meal-planning and organizing app for families—download it free in the app store.

Chocolate Peppermint Crinkle Cookies

ACTIVE: 40 min TOTAL: 2½ hrs

TO MAKE AHEAD: Refrigerate dough (Steps 1-3) for up to 4 days. Or freeze unbaked cookies in a single layer until solid, then transfer to a sealable plastic bag and freeze for up to 1 month. Store baked cookies airtight for up to 2 days.

EQUIPMENT: Parchment paper

A generous amount of melted chocolate gives these cookies a fudgy brownie-like texture but it also means a very soft dough. Chilling it helps firm the dough up to a scoopable consistency.

- 3¾ cups bittersweet chocolate chips (22 ounces) divided
- 7 tablespoons unsalted butter sliced
- ½ cup canola oil
- 2 teaspoons peppermint extract
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup granulated sugar
- 4 large eggs
- 1 cup confectioners sugar
- ½ cup crushed peppermint candy

1. Combine 2¾ cups chocolate chips, butter and oil in a large microwave-safe bowl. Microwave on High, stirring every 30 seconds, until melted, about 2 minutes. Stir in peppermint extract. Let cool for 10 minutes.

2. Meanwhile, whisk all-purpose flour, whole-wheat flour, baking powder and salt in a small bowl.

3. Combine granulated sugar and eggs in a large bowl or the bowl of a stand mixer fitted with the whisk attachment. Beat on high speed until light in color and the volume has doubled, about 3 minutes. Using a flexible spatula, fold in the cooled chocolate mixture, then the flour mixture. Fold in the remaining 1 cup chocolate chips, being careful not to overmix. Refrigerate for at least 1 hour and up to 4 days.

4. Position racks in upper and lower thirds of oven; preheat to 350°F. Line 2 baking sheets with parchment paper.

5. Place confectioners' sugar in a small bowl. Working in batches, scoop balls of dough, about 1½ tablespoons each, and roll in the sugar. Arrange 12 cookies on each of the prepared pans. Dust your palm with confectioners' sugar and flatten the cookies to a ½-inch thickness. Sprinkle with candy. Refrigerate the remaining dough while the first batch bakes.

6. Bake the cookies, switching the positions of the pans halfway through, until firm on the outside, 15 to 20 minutes. Let cool on the pans for 10 minutes. Transfer to a wire rack to cool completely. Repeat with the remaining dough.

MAKES: 4 dozen cookies (analysis per cookie)
Cal 169 Fat 10g (sat 5g) Chol 20mg Carbs 18g Total sugars 12g (added 11g) Protein 2g Fiber 2g Sodium 54mg Potassium 18mg.

Scan with your phone s camera for more chocolate-peppermint recipes.

RECIPE BY LAURA KANYA

7:32 am Sensitive
9:47 am Vulnerable
1:49 pm Distracted
4:08 pm Open-minded
7:43 pm Happy

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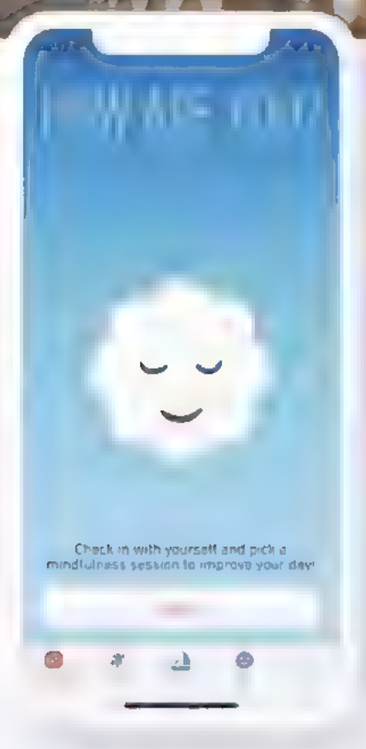

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PLANT SWAP!
Make this meal meatless by subbing in 14 ounces of cubed extra-firm tofu that s been pressed to remove excess moisture.

Gochujang Steak with Roasted Potatoes & Broccolini

ACTIVE: 35 min TOTAL: 45 min

The apple in this Korean bulgogi-inspired sauce provides body sweetness and a bit of acid to tenderize the steak tips. We make enough of it to marinate the steak and serve as a dipping sauce.

- 1½ pounds fingerling potatoes halved or quartered lengthwise depending on size
- 3 tablespoons extra-virgin olive oil divided
- ¼ teaspoon salt divided
- ¼ teaspoon ground pepper divided
- 1 medium apple coarsely chopped
- ½ medium onion coarsely chopped
- 2 scallions chopped whites and greens separated
- 2 cloves garlic coarsely chopped
- 3 tablespoons brown sugar
- 2 tablespoons gochujang
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 pound steak tips
- 1 pound broccolini trimmed

1. Position racks in upper and lower thirds of oven. Place a large rimmed baking sheet on the lower rack. Preheat oven to 425°F. Line another baking sheet with foil.

2. Toss potatoes with 2 tablespoons oil and ⅛ teaspoon each salt and pepper in a medium bowl. Carefully transfer to the hot baking sheet. Roast on the lower rack, flipping once, until the potatoes are browned and tender, about 35 minutes.

3. Meanwhile, combine apple, onion, scallion whites, garlic, brown sugar, gochujang, soy sauce and vinegar in a blender. Puree until smooth. Reserve ½ cup for serving and pour the rest into the bowl; add steak tips and toss to coat. Marinate at room temperature for 10 minutes.

4. Combine broccolini, the remaining 1 tablespoon oil and ⅛ teaspoon each salt and pepper in a medium bowl; toss to coat.

5. Arrange the broccolini on one side of the foil-lined baking sheet and the steak on the other side. Roast on the upper rack until the broccolini is tender and an instant-read thermometer inserted in the thickest part of the steak registers 125°F for medium-rare, 10 to 14 minutes. Turn the broiler to high and broil until the broccolini and steak start to brown, 1 to 2 minutes.

6. Serve the steak with the broccolini, potatoes and reserved sauce. Garnish with scallion greens.

SERVES 4: 3 oz. steak, 1 cup each potatoes and broccolini & 2 Tbsp. sauce each

Cal 545 Fat 20g (sat 5g) Chol 74mg Carbs 61g Total sugars 22g (added 13g) Protein 31g Fiber 7g Sodium 769mg Potassium 775mg.

RECIPE BY ADAM DOLGE

Scan with your phone s camera to learn how to freeze soup so it tastes just as delicious as the day it was made.

Winter Vegetable Mulligatawny Soup

ACTIVE: 25 min TOTAL: 50 min

TO MAKE AHEAD: Refrigerate for up to 4 days.

Our meatless version of the Indian-inspired British colonial soup includes parsnip and squash to keep it hearty and satisfying.

- 3 tablespoons extra-virgin olive oil divided
- 1 medium onion finely chopped
- 2 medium carrots finely chopped
- 1 medium parsnip peeled and finely chopped
- 4 cups peeled diced acorn squash ***or*** butternut squash
- 1 medium green apple peeled and finely chopped
- 1 tablespoon curry powder
- 3 cloves garlic minced divided
- 1 teaspoon grated fresh ginger
- 4 cups low-sodium vegetable broth
- 1 14-ounce can no-salt-added diced tomatoes
- ½ cup red lentils picked over and rinsed
- 2 whole-wheat naan flatbreads halved
- ¼ cup chopped fresh cilantro plus more for garnish

1. Preheat oven to 375°F. Line a baking sheet with foil.

2. Heat 2 tablespoons oil in a large saucepan over medium heat until shimmering. Add onion, carrots and parsnip and cook until the onions are translucent, about 6 minutes. Add squash, apple, curry powder, 2 cloves garlic and ginger and cook, stirring, until fragrant, 1 to 2 minutes. Add broth, tomatoes and lentils and stir to combine. Bring to a boil. Reduce heat to maintain a low simmer, cover and cook until the squash and lentils are tender, about 20 minutes.

3. Meanwhile, brush one side of each naan with the remaining 1 tablespoon oil. Sprinkle with the remaining 1 clove garlic and place on the prepared baking sheet. Bake until warmed, 5 to 6 minutes. Remove from oven and sprinkle with cilantro.

4. Gently mash some of the soup with a potato masher to achieve desired consistency. *(Alternatively transfer half the soup to a blender and puree. Use caution when blending hot liquids.)* Garnish the soup with cilantro and serve with the naan.

SERVES 4: about 2 cups soup & ½ naan each

Cal 487 Fat 15g (sat 3g) Chol 1mg Carbs 76g Total sugars 17g (added 0g) Protein 14g Fiber 14g Sodium 406mg Potassium 983mg.

RECIPE BY ADAM DOLGE

Artichoke & Whipped Feta Flatbread

ACTIVE: 20 min TOTAL: 35 min

Whipping feta with a little yogurt yields a salty tangy spread that pairs perfectly with the marinated artichokes and roasted red peppers. Scattering arugula over the top adds freshness.

- 1 large *or* 2 small flatbreads *or* naan (about 7 to 8 ounces total *see Tip*) preferably whole-grain
- ¾ cup crumbled feta cheese
- ½ cup whole-milk plain Greek yogurt
- 2 tablespoons chopped fresh oregano
- 1½ teaspoons grated lemon zest
- 1½ teaspoons lemon juice
- ¼ teaspoon ground pepper
- 1 cup drained marinated artichoke hearts chopped
- ½ cup roasted red peppers rinsed and sliced
- 2 cups baby arugula
- ¼ teaspoon Aleppo pepper *or* crushed red pepper
- 2 teaspoons extra-virgin olive oil

1. Preheat oven to 400°F.

2. Place flatbread(s) on a baking sheet. Bake until golden and crispy around the edges, 7 to 9 minutes.

3. Meanwhile, place feta in a food processor and pulse until it forms a ball. Add yogurt, oregano, lemon zest, lemon juice and ground pepper; process until smooth.

4. Spread the feta mixture over the flatbread(s). Scatter artichoke hearts and roasted peppers on top. Bake until the toppings are heated through, 10 to 12 minutes.

5. Top with arugula, sprinkle with Aleppo pepper (or crushed red pepper) and drizzle with oil. Cut into 4 slices.

SERVES 4: 1 slice each

Cal 331 Fat 16g (sat 7g) Chol 30mg Carbs 33g Total sugars 4g (added 0g) Protein 13g Fiber 4g Sodium 777mg Potassium 286mg.

WON T FALL FLAT

Look for flatbreads (sometimes called flatbread pizza crust) with other pizza ingredients or in the bakery of well-stocked grocery stores. Naan is a good substitute.

ILLUSTRATION BY EMMA DIBBEN RECIPE BY LAURA KANYA

Buddha's Hand Gimlet-Tini

ACTIVE: 10 min TOTAL: 45 min

TO MAKE AHEAD: Refrigerate cordial for up to 2 weeks.

The Buddha's hand may look like a lemon with fingers, but unlike a conventional lemon it has no juice, seeds or pulp—it's all rind, which has a pleasing lemon-blossom aroma. In China, the fruit symbolizes long life and happiness; in Japan it's a traditional good luck gift for the New Year. This recipe makes a sunny-hued cordial for the cocktail, which can also be added to club soda for a DIY limonata.

To make cordial: Combine ½ cup each water and granulated sugar in a small saucepan over medium heat. Stir until the sugar dissolves, then stir in 1 Tbsp. of strips of Buddha s hand (or lemon) peel. Adjust heat to maintain a simmer and cook, stirring occasionally, for 10 minutes. Remove from heat and cool to room temperature. Strain (reserve candied peel for garnish, if desired) and let cool to room temperature, about 30 minutes. MAKES: about ⅓ cup.

To make each cocktail: Combine 2 oz. vodka (or gin) 1 oz. white vermouth and ¾ oz. cordial in a cocktail shaker filled with ice and shake. Strain into a chilled coupe glass. Garnish with strips of candied or fresh Buddha s hand (or lemon) peel if desired.

NUTRITION INFO: page 102.

RECIPE BY KARA NEWMAN

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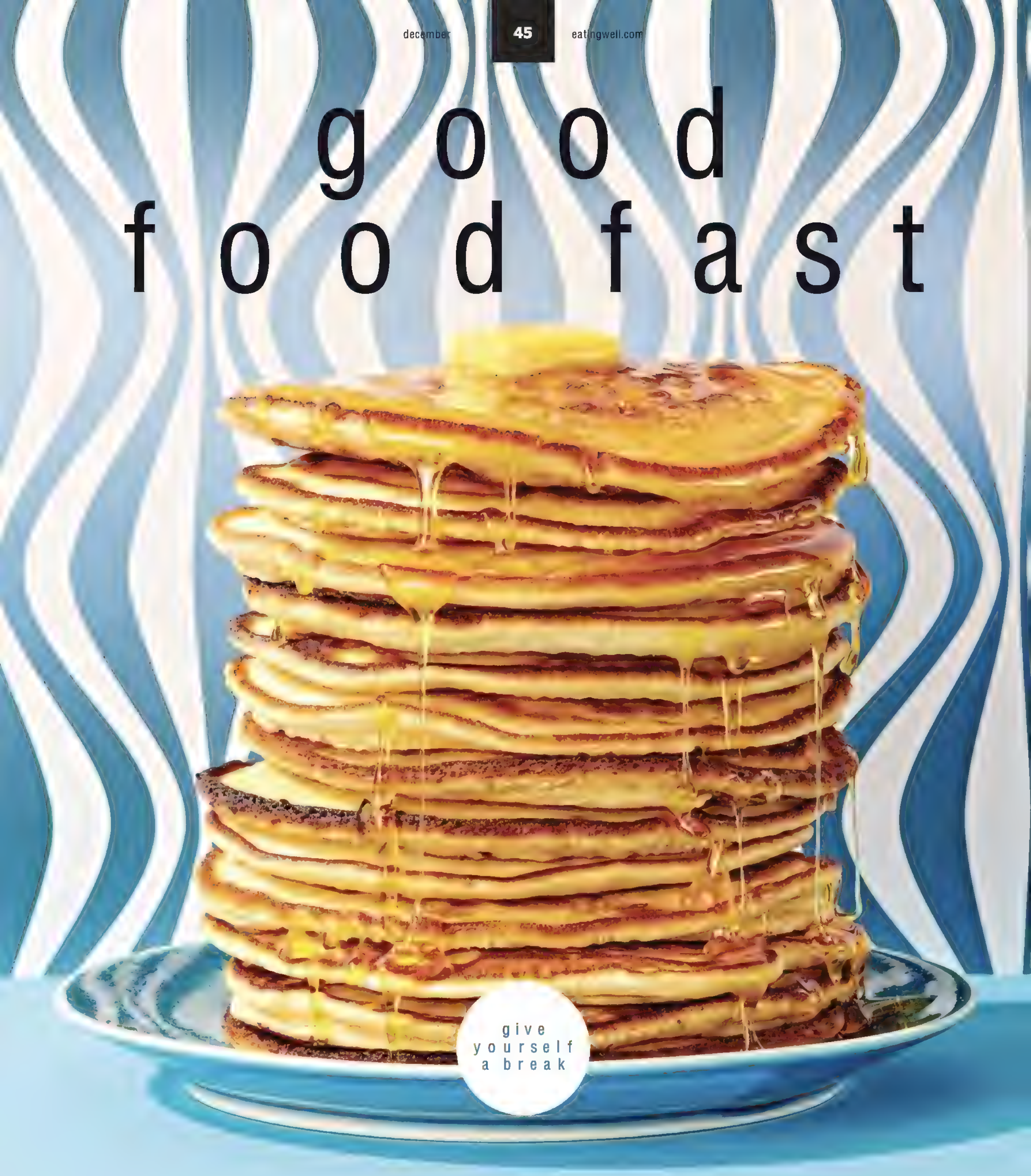
good food fast



Pass the Pancakes

Looking for a filling stack? Turn the page for our fave flapjack mixes.

Photos by Ted & Chelsea Cavanaugh • Styling by Nora Singley

On the Flip Side

Pancakes aren't exactly known for their stick-to-your-ribs staying power. So we scanned labels for protein and fiber, sampled more than 30 brands and came up with five that will fill you up. Plus, advice on some nutrition numbers to look for.

By Maxine Yeung, M.S., RD, NBC-HWC

Focus on Fiber Seeking out a version with 3 or more grams will help stave off hunger and help you reach the minimum fiber recommendation of 25 to 38 grams daily. Mixes made with 100% whole grains and/or with added seeds like chia and flax tend to have the highest amounts of this nutrient. When choosing grain-free, opt for blends with almond or coconut flour to get a fiber bump.

Be Sensible with Sugar To leave room for that drizzle of maple syrup, opt for a mix with 5 or less grams of added sugar per serving to help keep your overall intake under 25 grams per day.

Pick Protein Most pancake mixes have between 2 and 4 grams of protein per serving. For a little extra oomph, scan the ingredient list for buckwheat or chickpea flour, vital wheat gluten, seeds and pea or whey protein and choose a brand with at least 5 grams of protein per serving of dry mix.

BEST WHOLE-GRAIN PANCAKE MIX

Wheat Montana Farms & Bakery 100% Whole Wheat with Flax Pancake Mix

140 cal, 5g fiber, 2g added sugar, 5g protein

Made with mild-tasting white whole-wheat flour, this mix cooks up light and fluffy. Flax adds fiber plus omega-3 fatty acids.

BEST BUTTERMILK PANCAKE MIX

Kodiak Cakes Frontier Flapjack & Waffle Mix Buttermilk & Honey

180 cal, 5g fiber, 1g added sugar, 8g protein

A blend of whole-wheat and oat flours is lightly sweetened with honey to balance the tangy buttermilk flavor. Egg whites and wheat protein make this choice filling.

BEST PROTEIN PANCAKE MIX

Krusteaz Protein Pancake Mix Buttermilk

220 cal, 4g fiber, 7g added sugar, 15g protein

Whey and wheat protein pack this one with more than double the protein of most of our other picks. It has more added sugar than we'd like, but the cakes are sweet enough to serve with less syrup.

BEST GLUTEN-FREE PANCAKE MIX

Simple Mills Almond Flour Pancake & Waffle Mix

180 cal, 3g fiber, 5g added sugar, 4g protein

Nutty almond and coconut flours puff these up without the gumminess other gluten-free mixes have. Top with nut butter to hit our protein recommendation.

BEST NO-ADDED-SUGAR PANCAKE MIX

Purely Elizabeth Grain-Free Pancake & Waffle Mix

300 cal, 7g fiber, 0g added sugar, 6g protein

Coconut milk powder and cinnamon give this choice a wallop of flavor in every bite. Chia seeds bump the fiber count up to the highest on this list.

Our Shero

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Simmer Down!

Store-bought tikka masala sauce is the key to a quick curry, but this spicy, creamy tomato gravy is versatile. Here are ve ways to use it.
By Pooja Makhijani

Tikka Masala Tian

Spread ½ cup sauce in a 9-inch pie dish. Shingle slices of 1 medium Japanese eggplant, 1 medium zucchini and 2 large Roma tomatoes on the sauce. Sprinkle with a pinch of salt and spread ¼ cup sauce on top. Sprinkle with fresh thyme and crushed red pepper. Cover with foil. Bake at 375°F for 20 minutes. Uncover and bake for 20 minutes. SERVES 4.

Baked Potatoes with Tikka Masala Chickpea Chaat

Sauté 1 cup sliced yellow onion in 1 Tbsp. oil in a large skillet. Add two 15-oz. cans rinsed chickpeas and one 12-oz. jar sauce, and simmer for 20 minutes. Stir in ¼ cup chopped cilantro. Spoon over 4 baked potatoes and garnish with Greek yogurt, diced red onion and more cilantro. SERVES 4.

Tikka Masala-Glazed Salmon Kebabs

Cut 1 large onion, 1 large bell pepper and 1 large tomato into chunks and thread onto 4 skewers. Place on a baking sheet and brush with ¼ cup sauce. Bake at 450°F for 20 minutes. Thread 1¼ lbs. cubed salmon onto 4 skewers. Add to the pan and brush with ¼ cup sauce. Bake for 6 to 8 minutes more. SERVES 4.

Tikka Masala Naan Pizza

Spread 2 Tbsp. sauce on naan. Top with ½ cup halved cherry tomatoes, ¼ cup shredded mozzarella cheese, ⅛ tsp. crushed coriander seeds, ⅛ tsp. each nigella seeds and crushed red pepper. Bake at 425°F for 8 to 10 minutes. SERVES 1.

Tikka Masala Baked Eggs

Pour one 12-oz. jar sauce into a large cast-iron skillet. Gently crack 4 eggs into the sauce. Sprinkle with a pinch each salt and pepper. Bake at 375°F for 8 to 10 minutes. Top with 1 Tbsp. coriander chutney and sprinkle with ½ tsp. mustard seeds. Garnish with curry leaves and red chiles, if desired. Serve with whole-wheat naan. SERVES 4.

OUR TOP SAUCES

Stock up on Brooklyn Delhi s Tikka Masala Indian Simmer Sauce made with coconut cream for a little extra flavor (and to keep it vegan). We also like the smooth and luscious Masala Mama Tikka Masala.

NUTRITION INFO: page 102

Hero Worship

Take the guesswork out of nding good food on the go. These popular sandwich shops have surprisingly healthy (not to mention tasty) options! By Joyce Hendley

Roast Beef & Provolone Mini on Wheat Bread (hold the oil)
420 cal 688mg sodium 4g fiber 37g protein

There's nothing mini about the big flavors in this right-sized 'wich! With juicy tomatoes, onions, vinegar and oregano topping tender, thinly sliced roast beef, you won't miss the oil.

Turkey Tom Unwich
250 cal 700mg sodium 2g fiber 15g protein

The "Unwich" option at this chain rolls your sandwich fillings in a lettuce wrap for calorie and sodium savings. And this combo of turkey breast, lettuce, tomato and mayo is classically tasty.

Mediterranean Chicken Half (hold the feta)
350 cal 850mg sodium 7g fiber 24g protein

Think a half sandwich won't fill you up? With grilled chicken, hummus and tons of veggies like artichoke hearts, cucumbers and roasted red peppers all on multigrain bread, this flavorful sando gets the job done.

Veggie Guacamole Sammie
420 cal 800 mg sodium 5 g fiber 13 g protein

They had us at guacamole. But the crunchy veggie medley of cukes, peppers, shrooms and tomatoes—all loaded into a soft mini-flatbread with Cheddar, mozzarella and red-wine vinaigrette—makes a good thing even better.

California Chicken Avocado Flatbread + Garden Salad Pick 2
415 cal 725mg sodium 4g fiber 22g protein

This sandwich shop take on pizza is topped with grilled chicken, avocado, bacon, roasted red peppers, mozz and Cheddar cheeses and a drizzle of chipotle aioli? Yes please! The Pick 2 lets you downsize the portion and amp up the veggies with a crunchy side salad.

Veggie Delite® 6-inch
370 cal 680mg sodium 5g fiber 12g protein

This sandwich piles the veggies—cucumbers, green peppers, onions, spinach and tomatoes—on a hearty multigrain sub roll. Add provolone cheese, mustard and mayo, and you've got a satisfying meal.

BE WARY OF WRAPS

Don't be fooled by switching to a wrap instead of bread, since most have just as many calories as a puffy roll. Instead, focus on choosing whole grains to capitalize on fiber.

That bag of mini bell peppers isn't just for lunchboxes and stir-fries—the pint-size, vitamin-C-packed vegetables can easily be turned into a vibrant appetizer for your next holiday party. Here's how we're serving 'em up. By Andrea Mathis, RD

1. Pimiento Cheese–Stuffed Mini Bell Peppers

Halve and seed 6 mini bell peppers lengthwise, then fill each half with 1 Tbsp. pimiento cheese. Sprinkle with minced fresh chives and serve. SERVES 12.

2. Mini Bell Pepper Pebre

Seed and chop 1 lb. mini bell peppers. Combine with 2 diced large tomatoes, 1 cup diced onion, 1 cup each chopped fresh cilantro and parsley, ¼ cup extra-virgin olive oil, 4 minced cloves garlic, 2 Tbsp. red-wine vinegar, ¾ tsp. salt and ¼ tsp. pepper in a large bowl. Serve with tortilla chips or sliced baguette. SERVES 24.

3. Pickled Mini Bell Peppers

Slice 1 lb. mini bell peppers into rings; place in a quart-size jar with 1 cup sliced onion. Heat 1 cup water, ¾ cup white vinegar, 2 Tbsp. sugar and 1 tsp. salt in a small pan over medium-high heat until the sugar and salt dissolve, about 2 minutes. Add to the jar. Seal; shake to combine. Refrigerate overnight and up to 1 week. Serve as part of a cheese board. SERVES 12.

4. Roasted Mini Bell Pepper & Artichoke Dip

Broil 9 mini bell peppers, flipping once, until blistered, about 8 minutes. Cover and let stand for 10 minutes. Remove stems. Process with one 7-oz. jar marinated artichoke hearts (drained), ½ cup each cream cheese and sour cream and ⅛ tsp. salt in a food processor until smooth. Serve with veggies. SERVES 8.

5. Prosciutto-Wrapped Mini Peppers

Halve 6 mini bell peppers lengthwise; remove seeds. Cut 3 oz. prosciutto into 12 strips. Combine ½ cup softened cream cheese with 1 Tbsp. chopped fresh rosemary and fill each pepper half with some of the mixture. Wrap with a strip of prosciutto. Bake on a foil-lined baking sheet at 425°F for 10 minutes. SERVES 12.

NUTRITION INFO: page 102

room to explore

It's time to go beyond: Past the lush desert landscapes and into the heart of the city, where reinvention and culture converge. Where the art scene is as flavorful as the cuisine. Where brilliant sunsets set the stage for lively nightlife. Where Southwest charm and urban sophistication await you.

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VISIT PHOENIX

For years, Boulder, Colorado, has been a hub for organic, farm-to-table cuisine And chef-farmer Eric Skokan is at the epicenter of it. Here's what he's cooking to celebrate the holidays.
By Jennifer Oldham

A Rocky Mountain Christmas

RECIPES
BY ERIC SKOKAN

LOCATION PHOTOGRAPHY
BY JENNIFER OLSEN

FOOD PHOTOGRAPHY
BY ERIC WOLFINGER

Eric Skokan's Chantenay carrots enjoy a cult-like following in the Boulder area, nestled in the shadow of Colorado's Rocky Mountains. Schoolchildren devour the sweet bright orange roots. Shoppers snap up samples at the local farmers' market. He tells his customers to slow-poach them in olive oil to serve at Christmas. The James Beard Award-nominated chef regales diners at his restaurant, Bramble & Hare, with stories about the stout vegetable's journey from the clay soil of his Black Cat Organic Farm to their dinner plates.

Each year, the farmer and chef plants an ever-changing array of vegetables, fruits, grains and flowers on 425 acres, in search of both what tastes delicious and what will prosper in a place prone to late springs and early frosts. The conical

Olive Oil–Poached Carrots & Shallots page 60

produce is just one example of unusual breeds Skokan's discovered that thrive in the region's fickle climate and heavy clay, which is inhospitable for skinnier carrots that prefer thin, sandy soils.

"I think of the farm as this incubator of ideas—someone needs to sift through all of the varieties available and choose the appropriate ones for producing cuisine in Colorado," said the pioneer of Colorado's farm-to-table movement. "That's what we do."

The 52-year-old entrepreneur united his lifelong passions of cooking and gardening 10 years ago when he traded his acre-sized home garden for a condemned 19th-century homestead in the rolling hills outside Longmont about 40 miles northwest of Denver. Determined to grow haricot verts and baby carrots for his French-inspired dishes, he gutted and rebuilt the farmhouse and barn—which was insulated with newspaper from the 1880s—adding plumbing and electricity. Then he tried virtually every seed variety for arid climes available in the U.S.

Many failed. Belgian endive? Too labor-intensive and a favorite for mice. Brandywine tomatoes? Cool air flooding down from the Continental Divide at night sapped the fruit's ability to ripen. The duds are devoured by the Mulefoot pigs that Skokan rotates between fields—fertilizing the soil and fortifying the heritage swine for his signature pork dishes.

This year, Skokan decided to investigate which edible flowers work and which don't. He planted 150 new types he had "never seen, touched or looked at" to compare them for flavor and appearance as a garnish. "I have no experience with flowers so this experiment will go on for four or five years," said the ever-humble Skokan, who favors T-shirts and khakis or military-green work pants.

The early results? Feverfew is "great for medicinal tea, but horrible in terms of flavor," and begonias "sparkle with a bright, lemon flavor—they are like the Sour Patch Kids of the garden," said the chef.

Perhaps that brilliantly hued flower will someday take its place among other crops that have flourished and established a following here. Like Principe Borghese tomatoes. Though menus at his restaurants change daily to account for what's freshest out of the fields, this tomato is often featured—even in the winter, as the small crimson fruit is ideal for drying. It's developed such a following with his customers that the most avid fans have begun to grow their own at home.

A crop he's been tinkering with recently is a drought-tolerant strain of wheat from Kazakhstan called Akmolinka, grown in partnership with baker Andy Clark, who owns Moxie Bread Co. in nearby Louisville, Colorado. The grain, which very few U.S. farmers grow, elbowed out weeds and emerged from symmetrical rows of tall, strong plants that each looked "like a Christmas tree tip with branches coming off" and refused to yield to the fierce winds that strafe the farm.

"I'm not a great gardener—my strengths are more in the bakery," said Clark, who sources organic, unprocessed grains from family farms throughout the Intermountain West. He first worked with Skokan several years ago after the straw-hat-clad chef drove his combine for 90 minutes over local roads to help Clark harvest his first wheat crop. "I really enjoy Eric's generosity and his openness and his willingness to experiment."

This holiday season, Skokan will pull potatoes, carrots, onions and other ingredients from his farm's root cellar while the earth hibernates for the winter. Paired with fresh greens, nurtured through frosty winter months under cloth blankets outside and in the greenhouse, he'll continue to nourish his community, then sit down with his family for a memorable holiday meal.

JENNIFER OLDHAM *is a Pulitzer Prize-winning journalist based in Denver who writes stories rooted in the environment, equity, land management and politics.*

Eric and Jill Skokan enjoy some precious downtime with their children *(from right to left)* Avery Morgan and Ian and Ian s girlfriend Billie. There s an extra place at the table in honor of their son Kelsey who was killed in an accident last summer.

Celeriac Soup with Tomato-Horseradish Tapenade

ACTIVE: 25 min TOTAL: 1 hr

TO MAKE AHEAD: Refrigerate tapenade (Step 2) for up to 1 week.

Skokan bases most of his planting decisions on flavor—may the tastiest tomatoes win! But farm strategies also touch on his need for deliciousness year-round even when fields are covered in snow. Root vegetables like the celeriac here offer bright flavors throughout the fall and winter. Adding tomatoes preserved from summer helps remind us of the warmth ahead.

- 8½ cups water divided plus more as needed
- 2½ pounds celeriac (celery root) peeled and cut into 1-inch chunks
- 1 medium onion diced
- 6 cloves garlic peeled
- ¼ cup sun-dried tomatoes
- 2 tablespoons diced celery plus 2 tablespoons finely diced celery leaves
- 1 tablespoon freshly grated peeled horseradish
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons capers rinsed
- ¼ teaspoon salt

1. Combine 8 cups water, celeriac, onion and garlic in a large pot. Bring to a boil over high heat, stirring occasionally. Reduce heat to medium, partially cover and cook until the celeriac is tender, 30 to 40 minutes.

2. Meanwhile, combine sun-dried tomatoes and the remaining ½ cup water in a small saucepan. Cook over medium heat until the tomatoes are fully rehydrated and the liquid is almost completely evaporated, 2 to 3 minutes. Drain any excess water. Transfer the tomatoes to a cutting board and let cool for 5 minutes. Mince them and mix with celery, celery leaves, horseradish, oil and capers in a small bowl.

3. Puree the soup, in batches, until very smooth. (Use caution when blending hot liquids.) Return the soup to the pot to warm over low heat, adding water, if desired, to adjust the consistency. Season with salt. Serve the soup with the tapenade.

SERVES 8: 1½ cups soup & 1½ Tbsp. tapenade each

Cal 72 Fat 2g (sat 0g) Chol 0mg Carbs 12g Total sugars 3g (added 0g) Protein 2g Fiber 3g Sodium 185mg Potassium 393mg.

When COVID-19 shuttered his restaurants Skokan had eight of these cabanas built on the farm for people to safely dine in using glass reclaimed from greenhouses that were used to grow carnations.

Escarole Salad with Pomegranates & Pistachios

ACTIVE: 20 min TOTAL: 20 min

Bitter escarole is an important part of the greens lineup at Black Cat in the winter particularly when it comes to seasonal salads. Sturdy and crisp it holds its own alongside a drizzle of garlicky dressing juicy pomegranate arils and crunchy pistachios.

- ½ cup whole-milk plain Greek yogurt
- 2 teaspoons honey
- Pinch of ground cardamom
- 1 small clove garlic minced
- ¼ teaspoon salt divided
- 2 tablespoons white-wine vinegar
- 2 teaspoons minced shallot
- 3 tablespoons extra-virgin olive oil
- 12 cups chopped escarole
- ½ cup pomegranate arils (seeds)
- ¼ cup unsalted shelled pistachios toasted and chopped

1. Whisk yogurt, honey and cardamom in a small bowl.

2. Mash garlic and ⅛ teaspoon salt with a fork on a cutting board to form a paste. Transfer to a large bowl and whisk in vinegar, shallot and the remaining ⅛ teaspoon salt. Slowly drizzle in oil while whisking. Add escarole, pomegranate arils and pistachios and toss to combine. Serve with the yogurt.

SERVES 8: 1⅓ cups salad & 1 Tbsp. yogurt each

Cal 107 Fat 8g (sat 1g) Chol 2mg Carbs 7g Total sugars 4g (added 1g) Protein 3g Fiber 2g Sodium 88mg Potassium 226mg.

~ Wine Pairings ~

Made mainly with sauvignon blanc along with a touch of chardonnay the elegant 2020 Domaine du Salvard Cheverny Blanc Loire France ($22) has aromas of citrus and fresh herbs that go with the celeriac soup and escarole salad *(page 56)*.

The 2019 Holloran Stafford Hill Pinot Noir Willamette Valley OR ($20) has subtle hints of vanilla and a whisper of oak making it an easy match for the pork and potatoes.

The tart cranberries in the sweet clafoutis *(page 61)* are a pleasant match with the raspberry and rose sweetness in the NV Angelo Negro Birbèt Brachetto Piedmont Italy ($15).

Roast Pork Loin with Salsa Verde

ACTIVE: 20 min TOTAL: 1 hr

TO MAKE AHEAD: Refrigerate salsa verde (Step 4) for up to 3 days.

Skokan began raising heritage Mulefoot pigs more than a decade ago, in part because he found the taste incomparable. His pigs spend their days outdoors, munching through fields of overripe (and thus not restaurant-worthy) organic vegetables and pasture. It's worth seeking out pastured pork for its bold and complex flavor; robust sauces like this salsa verde complement it especially well. Blending an ice cube with the herbs helps preserve their vibrant color.

- 2 pounds boneless pork loin
- 1¼ teaspoons salt divided
- 1 cup fresh chervil leaves *(see Tip)*
- 1 cup fresh cilantro leaves
- 1 cup fresh parsley leaves
- ½ cup extra-virgin olive oil plus 2 tablespoons divided
- 1 ice cube
- 1 teaspoon lemon zest
- 3 tablespoons lemon juice
- 1 teaspoon minced garlic

1. Preheat oven to 375°F.
2. Season pork with ¾ teaspoon salt. Place it, fat-side down, in a large roasting pan or cast-iron skillet. Cook over low heat until the fat layer is brown and crisp, 15 to 20 minutes.
3. Using tongs, turn the pork over. Transfer the pan to the oven. Roast until the internal temperature reaches 145°, 35 to 45 minutes. Transfer the pork to a cutting board and let rest for 10 minutes.
4. Meanwhile, combine chervil, cilantro, parsley, ½ cup oil, ice cube, lemon zest, lemon juice and garlic in a blender or food processor. Pulse until smooth. Transfer to a small bowl and stir in the remaining 2 tablespoons oil and ½ teaspoon salt.
5. Thinly slice the pork and serve with any pan drippings and the salsa verde.

SERVES 8: 3 oz. pork & 2 Tbsp. salsa verde each
Cal 285 Fat 21g (sat 4g) Chol 57mg Carbs 2g Total sugars 0g (added 0g) Protein 21g Fiber 1g Sodium 417mg Potassium 441mg.

TIP: Chervil, a tender leafy herb used widely in French cuisine, tastes similar to parsley but with a gentle, slightly anise-like flavor. If your grocery store doesn't have it, you can substitute equal parts fresh parsley and tarragon for the chervil.

Potato & Parsnip Gratin page 60

Olive Oil–Poached Carrots & Shallots

ACTIVE: 15 min TOTAL: 45 min

Just like slow-poaching fish in olive oil Skokan has found that cooking hearty vegetables the same way is a winner. Not only is the resulting flavor fresh and pure it gives the veggies a silky texture. Strain the oil (refrigerate for up to 4 days or freeze for up to 1 month) and use it as a base for a richly flavored vinaigrette or for basting fish or chicken. (Photo: page 53.)

- 1½ pounds large carrots peeled and cut into 2-inch pieces
- 6 cups water
- 1 tablespoon salt
- 3 cups extra-virgin olive oil
- 4 medium shallots peeled and halved
- 2 sprigs fresh rosemary plus chopped rosemary for garnish

1. Combine carrots water and salt in a large saucepan. Bring to a boil over high heat and cook until almost tender about 5 minutes. Drain and return the carrots to the pan.
2. Add oil shallots and rosemary sprigs. Cook over the lowest possible heat without simmering until the vegetables are very tender 30 to 40 minutes.
3. Using a slotted spoon remove the carrots and shallots from the oil. Garnish with chopped rosemary if desired.

SERVES 8: ½ cup each
Cal 150 Fat 10g (sat 1g) Chol 0mg Carbs 15g Total sugars 7g (added 0g) Protein 2g Fiber 4g Sodium 173mg Potassium 415mg.

Potato & Parsnip Gratin

ACTIVE: 30 min TOTAL: 1½ hrs

Parsnips are an important part of Black Cat s larder. Their nutty earthy flavor adds extra depth to this gratin. (Photo: page 59.)

- 1 tablespoon unsalted butter
- 2 large shallots sliced
- 5 cloves garlic minced
- 2 tablespoons whole-grain mustard
- 1 teaspoon freshly grated nutmeg
- 1 teaspoon ground pepper
- ¾ teaspoon salt
- 3 pounds russet potatoes scrubbed and thinly sliced
- 1 pound parsnips scrubbed and thinly sliced
- 1½ cups unsalted chicken broth
- 1 cup half-and-half

1. Preheat oven to 375°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Melt butter in a large saucepan over medium heat. Add shallots and cook until tender and lightly browned about 5 minutes. Add garlic mustard nutmeg pepper and salt and cook until fragrant about 1 minute. Add potatoes parsnips broth and half-and-half and bring to a boil. Adjust heat to maintain a simmer and cook until thickened about 5 minutes.
3. Spread the mixture evenly in the prepared baking dish. Press down on the vegetables to submerge them in the sauce. Cover with foil.
4. Bake until a knife inserted in the center meets no resistance about 35 minutes. Increase oven temperature to 425°. Uncover and bake until the top is golden and bubbling about 15 minutes more. Let stand for 15 minutes before serving.

SERVES 8: generous 1 cup each
Cal 257 Fat 5g (sat 3g) Chol 14mg Carbs 47g Total sugars 7g (added 0g) Protein 7g Fiber 6g Sodium 353mg Potassium 1 037mg.

At Black Cat Farm Luna is one of four Akbash dogs a livestock-guarding breed from Turkey. While some of them do indeed live with sheep others are more likely to look for pats from dinner guests.

Cranberry Clafoutis

ACTIVE: 15 min **TOTAL:** 55 min

One of Skokan's favorite desserts is this simple French dish. The sweet, custardy cake is a wonderful foil for tart cranberries.

- **2 cups whole milk**
- **¾ cup granulated sugar**
- **½ cup all-purpose flour**
- **½ cup whole-wheat pastry flour**
- **3 large eggs**
- **2 teaspoons vanilla extract**
- **1 teaspoon salt**
- **1½ cups fresh cranberries**
- **Confectioners' sugar (optional)**

1. Preheat oven to 450°F.

2. Combine milk, sugar, all-purpose flour, whole-wheat flour, eggs, vanilla and salt in a blender. Blend until very smooth, about 1 minute.

3. Place a 10-inch or similar shallow 1½-quart baking dish in the oven for 5 minutes. Working quickly, remove it from the oven and coat with cooking spray. Immediately add cranberries to the baking dish and pour the batter over them.

4. Bake until the clafoutis is set and puffed, 20 to 25 minutes. Let cool for about 15 minutes (it will deflate as it cools). Dust with confectioners' sugar, if desired, before serving.

SERVES 10: scant ½ cup each

Cal 176 **Fat** 3g (sat 1g) **Chol** 61mg **Carbs** 32g **Total sugars** 18g (added 15g) **Protein** 5g **Fiber** 2g **Sodium** 275mg **Potassium** 138mg.

THE SLEEPYHEADS' BRUNCH

Go ahead hit snooze. With a little prep-work days or even weeks ahead you can just wake up and reheat an impressive brunch.

By Stacey Ballis
Photos by Victor Protasio

Cinnamon Rolls
page 67

Blood Orange
with
&

My husband and I have "that house." You know the one: the place where the holidays live, where there is always an extra space at the table and there are enough beds to accommodate out-of-towners. We love being the hosts, but that role has its challenges—chief among them, an endless need to keep guests fed.

Holiday weekends are perhaps the most fraught of all dining obligations. We host an annual New Year's Eve dinner party with friends. Two couples always sleep over after the festivities, and that means we have a "morning after" spread to plan. So, over the years, I have developed some back-pocket brunch recipes that can be made in advance and only require some reheating or simple assembly the morning of. They allow you to get everything on the table hot and fast, all before your eyes are fully opened.

Pecan-Cherry Toasted Muesli Yogurt Cups

ACTIVE: 10 min **TOTAL:** 35 min

TO MAKE AHEAD: Store muesli airtight at room temperature for up to 1 week or freeze for up to 2 months.

Full of healthy whole grains nuts seeds and dried fruit granola seems healthy. But its coating of oil and sweeteners can equal a wallop of calories and added sugar. Enter muesli: it has the hearty goodness of granola but without those other extras. Direct early risers to a jar and a tub of yogurt in the fridge or assemble cute parfaits like these for a morning buffet.

- **1 cup old-fashioned rolled oats**
- **½ cup slivered almonds**
- **½ cup pecans, coarsely chopped**
- **½ cup unsweetened large coconut flakes**
- **¼ cup wheat germ *or* wheat bran**
- **½ teaspoon ground cinnamon**
- **⅛ teaspoon salt**
- **½ cup unsweetened dried tart cherries**
- **4 cups low-fat vanilla yogurt**

1. Preheat oven to 350°F.

2. Combine oats, almonds, pecans, coconut, wheat germ (or bran) and cinnamon in a large bowl. Mix well. Spread in an even layer on a rimmed baking sheet.

3. Bake, stirring halfway through, until the edges are toasty and golden, about 15 minutes. Sprinkle the muesli with salt and transfer the pan to a wire rack. Let cool completely, about 10 minutes. Transfer to a large bowl and stir in dried cherries.

4. Place ¼ cup muesli in each of 8 small bowls or ramekins. Top each with ½ cup yogurt, then sprinkle each with 2 tablespoons of the remaining muesli.

SERVES 8: ¾ cup each

Cal 286 **Fat** 13g (sat 4g) **Chol** 6mg **Carbs** 35g **Total sugars** 21g (added 8g) **Protein** 11g **Fiber** 4g **Sodium** 111mg **Potassium** 420mg.

Spinach & Feta Strata

ACTIVE: 30 min **TOTAL:** 10¼ hrs (including chilling time)

TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 2 days.

This breakfast casserole is a natural make-ahead choice as the egg mixture needs plenty of time to soak into the bread before baking. Plus it's equally delicious hot, room temperature or cold so guests can help themselves as they wake up.

- 2 tablespoons extra-virgin olive oil
- 2 bunches scallions, thinly sliced
- 1 medium leek, white part only, cleaned well and sliced in thin half-moons
- 1 16-ounce package frozen chopped spinach, thawed and squeezed dry
- ½ teaspoon ground pepper, divided
- ¼ teaspoon kosher salt, divided
- ¼ teaspoon crushed red pepper
- 1¼ pounds whole-wheat sandwich bread (about 16 slices)
- 1½ cups crumbled feta cheese
- ¾ cup grated Parmesan cheese
- 10 large eggs
- 3 cups reduced-fat milk
- 2 tablespoons Dijon mustard

1. Coat a 9-by-13-inch baking dish with cooking spray.

2. Heat oil in a large skillet over medium-high heat. Add scallions and leek; cook, stirring occasionally, until soft and browned on the edges, 8 to 10 minutes. Add spinach, ¼ teaspoon ground pepper, ⅛ teaspoon salt and crushed red pepper; cook until the water has evaporated, about 2 minutes more.

3. Lay one-third of the bread in a single layer in the prepared pan. Dot with one-third of the spinach mixture. Sprinkle with ½ cup feta and ¼ cup Parmesan. Repeat the layers twice more with the remaining bread, spinach mixture and cheeses.

4. Whisk eggs, milk, mustard and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt in a large bowl until smooth. Pour the mixture evenly over the strata. Gently press down on the top layer of bread to make sure it's submerged. Cover with plastic wrap and refrigerate for at least 8 hours or up to 2 days.

5. When you're ready to bake, let the strata stand at room temperature for 45 minutes. Preheat oven to 350°F.

6. Bake the strata until puffed and golden brown and a knife inserted in the middle comes out clean, 50 to 60 minutes. Let stand for at least 5 minutes before serving.

SERVES 10: 1½ cups each

Cal 388 **Fat** 18g (sat 8g) **Chol** 217mg **Carbs** 34g **Total sugars** 8g (added 0g) **Protein** 23g **Fiber** 5g **Sodium** 832mg **Potassium** 565mg.

Don't hesitate to let your guests pitch in.

From slicing bagels to setting the table, there are always little ways for them to assist, and it will make them feel good to be helping you.

Cinnamon Rolls

ACTIVE: 30 min **TOTAL:** 3 hrs

TO MAKE AHEAD: Prepare though Step 6, cover with plastic wrap and refrigerate overnight. Let stand at room temperature for 1 hour before baking.

EQUIPMENT: Unflavored dental floss or a wire cheese cutter

Here s one take on wake and bake—you do all the prep work the day before and let the rolls have their final rise in the fridge while you sleep. Not only does that allow them to develop extra flavor you get more shut-eye. (Photo: page 63.)

DOUGH

- **1 cup reduced-fat milk**
- **2 tablespoons unsalted butter**
- **2 tablespoons honey**
- **1 ¼-ounce envelope active dry yeast (2¼ teaspoons)**
- **1½ cups all-purpose flour**
- **1½ cups whole-wheat pastry flour**
- **2 large eggs, at room temperature**
- **1 teaspoon salt**
- **1 tablespoon water**

FILLING & GLAZE

- **½ cup packed light brown sugar**
- **1 tablespoon ground cinnamon**
- **1 cup confectioners' sugar**
- **2 tablespoons water**
- **1 teaspoon vanilla extract**

1. To prepare dough: Combine milk, butter and honey in a small saucepan. Bring to a simmer over medium-low heat. Transfer to a large bowl or the bowl of a stand mixer and let cool to 110°F. Stir in yeast and set aside until bubbly, about 10 minutes.

2. Whisk all-purpose flour and whole-wheat flour in a medium bowl. Separate one egg, reserving the yolk for the egg wash. Combine the white with the whole egg in a small bowl and beat until well mixed, then whisk into the yeast mixture. Sprinkle 2½ cups of the flour mixture and salt over the wet ingredients. Mix with a flexible spatula or the dough hook attachment on a stand mixer until a shaggy dough forms; it will be sticky.

3. If kneading by hand, dust the work surface with some of the remaining flour mixture and turn the dough out onto it. Dust the dough with flour and knead, adding additional flour mixture as needed, until you have a smooth, elastic dough, about 5 minutes. (If using a stand mixer, knead with the dough hook, adding additional flour mixture as needed, until you have a smooth, elastic dough, about 5 minutes. The dough will not form a ball or clean the edges of the bowl.) Gently knead the dough into a ball. Lightly coat a large bowl with cooking spray. Add the dough and turn to coat. Cover with a kitchen towel and set in a warm, draft-free place to rise until tripled in volume, 1 to 1½ hours.

4. Turn the dough out onto a lightly floured surface and roll into an 18-by-15-inch rectangle with the longer side facing you.

5. To prepare filling: Mix brown sugar and cinnamon in a small bowl. Evenly sprinkle and press the cinnamon sugar into the dough, leaving a 1-inch border at the top edge. Beginning with the edge closest to you, roll the dough up, starting from the center and working out to the edges to maintain a uniform log. Pinch the seam closed to seal it. *(See photos page 99.)*

6. Coat a 9-by-13-inch baking dish with cooking spray. Cut the log into 12 equal portions using unflavored dental floss or a wire cheese cutter (slicing with a knife could tear the delicate dough). Transfer the rolls to the prepared baking dish. Cover with a kitchen towel and set aside to rise until nearly doubled, about 1 hour, or cover with plastic wrap and refrigerate overnight.

7. Preheat oven to 350°F.

8. Mix the reserved egg yolk with 1 tablespoon water. Brush the egg wash lightly over the tops of the rolls. Bake, rotating the pan from front to back halfway through, until the rolls are puffed and golden brown, 20 to 25 minutes. Let cool in the pan for 10 to 15 minutes, then transfer to a wire rack.

9. To prepare glaze: Mix confectioners' sugar, water and vanilla in a small bowl. Using a pastry brush, brush the glaze over the warm rolls. Let cool for 10 to 15 minutes more before serving.

SERVES 12: 1 roll each

Cal 272 **Fat** 4g (sat 2g) **Chol** 38mg **Carbs** 54g **Total sugars** 23g (added 12g) **Protein** 6g **Fiber** 4g **Sodium** 219mg **Potassium** 164mg.

Orange & Fennel Sausage Patties

ACTIVE: 30 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate uncooked patties for up to 2 days. Or freeze in a single layer until solid, about 1 hour. Transfer to a sealable bag and freeze for up to 1 month. Thaw in the refrigerator before cooking.

For a twist on the traditional breakfast sausage we turned to the wonderful and unique flavors of loukaniko a classic Greek sausage flavored with orange leek and fragrant spices like coriander.

- **4 teaspoons extra-virgin olive oil, divided**
- **1 small leek, white and light green part only, finely chopped and well rinsed**
- **1 clove garlic, minced**
- **1½ teaspoons orange zest**
- **1 pound ground pork**
- **1 tablespoon dry red wine**
- **1½ teaspoons red-wine vinegar**
- **¾ teaspoon salt**
- **¼ teaspoon ground coriander**
- **¼ teaspoon ground white pepper**
- **⅛ teaspoon ground fennel**
- **⅛ teaspoon crushed red pepper**

1. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add leek and cook, stirring occasionally, until tender and just beginning to brown, about 2 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds. Stir in orange zest and remove from heat. Transfer to a small bowl and let cool to room temperature, about 5 minutes.

2. Combine pork, wine, vinegar, salt, coriander, white pepper, fennel and crushed red pepper in a large bowl. Add the leek mixture and mix until everything is just combined, taking care not to overmix. Divide into 8 portions and roll each into a ball. Press lightly on them to form ½-inch-thick patties.

3. Heat the remaining 2 teaspoons oil in the pan over medium-high heat. Cook patties in two batches until browned on both sides and the internal temperature registers 165°F, 2 to 3 minutes per side.

SERVES 8: 1 patty each

Cal 184 **Fat** 14g (sat 5g) **Chol** 41mg **Carbs** 3g **Total sugars** 1g (added 0g) **Protein** 10g **Fiber** 0g **Sodium** 254mg **Potassium** 202mg.

Wild Rice Waffles with Chicken Tenders

ACTIVE: 1 hr 10 min **TOTAL:** 5¾ hrs (including marinating time)

TO MAKE AHEAD: Freeze raw, breaded tenders (Steps 1 & 4), uncovered, on a baking sheet until frozen, about 4 hours. Transfer to a sealable bag and freeze for up to 2 months. Bake from frozen as directed in Steps 3 & 5 for 25 minutes. Refrigerate cooked waffles (Steps 2 & 6) airtight for up to 4 days or freeze, uncovered, until frozen, about 2 hours. Transfer to a sealable bag and freeze for up to 2 months. Reheat waffles at 450°F for 8 to 12 minutes. Refrigerate maple butter (Step 7) for up to 2 weeks.

Because these waffles reheat so well you can skip feeling like a short-order cook—slinging them out one at a time—and prep them all ahead. Paired with chicken tenders you bread in advance and a sweet-and-spicy maple butter you have a winning holiday brunch with minimal fuss. (Photo: page 64.)

CHICKEN

- **2 cups buttermilk**
- **1¼ teaspoons kosher salt, divided**
- **2 pounds chicken tenders (about 16)**
- **Cooking spray**
- **2 cups panko breadcrumbs, preferably whole-wheat**
- **½ teaspoon ground white pepper**
- **2 large eggs**
- **1 tablespoon water**

WAFFLES

- **¾ cup oat flour**
- **¾ cup whole-wheat flour**
- **½ cup all-purpose flour**
- **1 tablespoon granulated sugar**
- **2 teaspoons baking powder**
- **1 teaspoon baking soda**
- **¼ teaspoon kosher salt**
- **1 cup cooked wild rice *or* wild rice blend, well drained**
- **2 large eggs**
- **2 cups buttermilk *or* low-fat milk**
- **3 tablespoons canola oil**

MAPLE BUTTER

- **4 tablespoons (½ stick) unsalted butter, softened**
- **1 tablespoon pure maple syrup**
- **½ teaspoon hot sauce**
- **Pinch of crushed red pepper**

1. **To marinate chicken:** Combine buttermilk and 1 teaspoon salt in a large bowl. Add chicken and turn to coat. Refrigerate for at least 4 hours or up to 1 day.
2. **To prepare waffle batter:** Whisk oat flour, whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda and salt in a large bowl. Stir in rice. Whisk 2 eggs, buttermilk (or milk) and oil in a medium bowl; add to the dry ingredients. Mix just until blended; it's OK if there is a lump or two. Let the batter rest at room temperature for 30 minutes or refrigerate for up to 24 hours.
3. **To prepare chicken:** Position rack in upper third of oven; preheat to 450°F. Line a large baking sheet with foil. Set a wire rack on the baking sheet and coat it generously with cooking spray.
4. Whisk panko, pepper and the remaining ¼ teaspoon salt in a shallow dish. Beat eggs and water in a large bowl. Remove the chicken from the buttermilk, letting as much excess drip off as possible, then toss with the egg mix to coat. Remove tenders one at a time, letting excess drip off, then roll in the panko to coat lightly. Place the tenders about 1½ inches apart on the prepared rack. Coat lightly with cooking spray.
5. Bake the chicken until golden brown and crispy and the internal temperature registers 165°F, 18 to 20 minutes.
6. Meanwhile, preheat a waffle iron to low; coat with cooking spray. Using ½ cup per waffle, cook until lightly browned.
7. **To prepare maple butter:** Combine butter, maple syrup, hot sauce and crushed red pepper in a small bowl.
8. Serve the chicken and waffles with the maple butter.

SERVES 8: 3 oz. chicken, 1 waffle & ½ Tbsp. maple butter each

Cal 478 **Fat** 17g (sat 5g) **Chol** 154mg **Carbs** 44g **Total sugars** 8g (added 3g) **Protein** 37g **Fiber** 4g **Sodium** 686mg **Potassium** 272mg.

Prep for Success

Make the most of your make-ahead dishes with this game plan.

The day before

Pull out serving pieces. If you are doing a buffet set it up before you hit the sack.

Assemble and refrigerate any cold dishes so they re ready to go in the morning.

Put water and grounds in the coffee pot before bed. If it s programmable set that too.

The morning of

Get started before you get dressed! Take anything out of the fridge that needs to come to room temp preheat your oven and start the coffee.

Make a self-serve beverage station so that guests can grab a cup of joe or a brunch cocktail while you finish the cooking.

To set up a Build-Your-Own Bloody Mary Bar scan this code with your phone s camera.

Blood Oranges with Rose Water & Pistachios

ACTIVE: 20 min **TOTAL:** 20 min

TO MAKE AHEAD: Refrigerate sliced oranges and syrup mixture separately for up to 3 days.

Rose water adds subtle floral notes to the agave syrup that s drizzled over blood orange rounds in this recipe. If you prefer to skip it vanilla extract is a delicious substitute. (Photo: page 63.)

- **8 medium blood oranges *and/or* navel oranges**
- **2 tablespoons dark amber agave syrup**
- **¼ teaspoon rose water (*see page 99*) *or* vanilla extract**
- **⅓ cup chopped lightly salted pistachios *or* slivered almonds, toasted**

1. Slice ends off oranges. Using a sharp knife, remove and discard the peel and white pith. Cut the oranges crosswise into ¼-inch-thick slices. Remove any seeds. Arrange the slices on a platter, overlapping slightly.
2. Mix agave syrup with rose water (or vanilla) in a small bowl. Drizzle over the oranges and sprinkle with pistachios (or almonds).

SERVES 8: ⅔ cup each

Cal 122 **Fat** 3g (sat 0g) **Chol** 0mg **Carbs** 22g **Total sugars** 16g (added 4g) **Protein** 2g **Fiber** 4g **Sodium** 15mg **Potassium** 62mg.

STACEY BALLIS *is a food writer and the author of 10 culinary novels, including* How to Change a Life. *She lives in Chicago.*

STYLING: EMILY HALL (FOOD) CLAIRE SPOLLEN (PROPS)

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Make It Merry

We're sharing our favorite festive tips and helpful products to make this holiday season the most merry yet.

The Perfect Pie Crust

Imagine the memories you'll make with Pillsbury's Perfect Pumpkin Pie. Only three steps to your family's favorite festive after-dinner tradition.

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Unsure which wine to serve with holiday meals? Make food sing with A to Z's ridiculously food-friendly wines. Whether crisp whites or smooth Pinot Noir, A to Z wines work!

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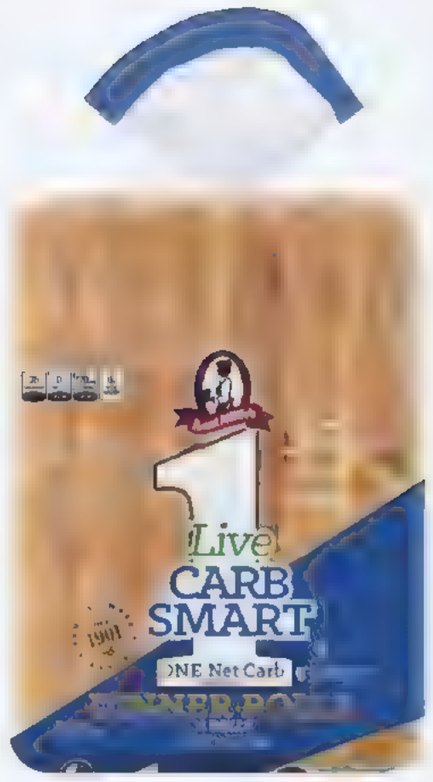
Homemade Seasonal Scents

Make your home smell like the holidays with on-hand ingredients! Simmer sliced oranges and cranberries in a saucepan of water with your favorite spices, such as cinnamon or cloves, for a warm and fragrant kitchen.

Baking Up Memories

Aunt Millie's Live Carb Smart Dinner Rolls pair nicely with any holiday meal. Fully baked and ready for the spread of your choice, elevate any dish or leftovers with Aunt Millie's.

AuntMillies.com



Deck the Table

Add a festive touch to your holiday table with simple DIY place settings. Pair your cloth napkins with greenery like fresh balsam fir, small cedar branches or rosemary sprigs, plus a name tag for a personal touch. Tie together with twine for a fun, rustic look.

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Don't overdo it on the decor. "I know people go on Pinterest and they see these wonderful, fabulous things, but don't feel like you have to do all of that to have a nice dinner party," says Janell. "Candles and flowers always work."

PARTY *like a*

All of the fun, none of the stress. Two entertaining experts—he's a chef, she loves decorating—share their secrets for making your next holiday party your most memorable ever. By Lenore T. Adkins

PRO

Recipes by Eric Adjepong
Location photography by Emmanuel Boakye-Appiah
Food photography by Victor Protasio

When Eric and Janell Adjepong were dating, she asked him to cook for a dinner party she was hosting. He'd been a professional chef for years, so of course, he obliged. As they were getting ready for the event, he noticed how Janell brought her love of interior design to the event, beautifully setting the table and putting all of the finishing touches on the evening. That night, they decided to join forces and start their dinner party service, Pinch and Plate, with Janell handling the decor—like stunning tablescapes with candles and unique artifacts—and Eric serving up delicious, artful plates.

With more than 100 parties under their belt since 2015, the Adjepongs know how to throw a memorable soiree without any drama. Here, they share their tips, tricks and recipes so that you, too, can entertain e ortlessly this holiday season.

PRO TIP

Working ahead is key. Janell recommends doing an inventory at least a week before your event. "Compare the number of guests with what you have, so if you're short, you have time to pick up what you need." Eric suggests finishing 80 to 90% of your cooking the day before, so you can exude confidence: "Guests can feel if the host is frazzled."

WHAT TO POUR

The acidity in the Arugula & Fennel Salad with Lemon Vinaigrette *(page 81)* commands an equally bright white. We like the 2019 Owen Roe Crawford-Beck Pinot Gris Eola-Amity Hills Oregon ($21) with its green-apple aroma. It also plays nicely with the risotto *(page 81)*.

Cumin Roasted Carrots with Dill Yogurt

ACTIVE: 30 min TOTAL: 1¼ hrs

TO MAKE AHEAD: Store pepitas (Steps 1-2) airtight for up to 3 days. Refrigerate sauce (Step 6) for up to 1 day.

EQUIPMENT: Parchment paper

The caramelized sweetness of the roasted carrots plays well with the herbed yogurt sauce and spiced pepitas. Look for carrots that are around the same size so they cook evenly.

- ½ cup raw pepitas
- 4 tablespoons melted coconut oil divided
- ¾ teaspoon kosher salt divided
- ½ teaspoon ground cumin
- ¼ cup honey
- 2 tablespoons cumin seeds crushed
- 2 teaspoons coriander seeds crushed
- 2 teaspoons smoked paprika divided
- ½ teaspoon ground pepper
- 2 tablespoons minced garlic plus 2 teaspoons divided
- 2 teaspoons lime juice
- 3 pounds small *or* medium carrots
- 2 cups nonfat plain Greek yogurt
- ½ cup finely chopped fresh dill
- 3 tablespoons light mayonnaise
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon lemon zest
- 2 teaspoons lemon juice
- Fresh chives & lime zest for garnish

1. Preheat oven to 325°F. Line a rimmed baking sheet with parchment paper.
2. Toss pepitas, 1 tablespoon coconut oil, ¼ teaspoon salt and ground cumin in a medium bowl. Spread into an even layer on the prepared pan. Bake the pepitas, stirring once, until golden brown and toasted, 10 to 12 minutes.
3. Increase oven temperature to 425°.
4. Heat the remaining 3 tablespoons coconut oil, honey, cumin seeds, coriander seeds, 1 teaspoon paprika, pepper and ¼ teaspoon salt in a small saucepan over medium heat until fragrant, about 2 minutes. Remove from heat and whisk in 2 tablespoons garlic and lime juice.
5. If using medium carrots, halve lengthwise. Place carrots on a large rimmed baking sheet or roasting pan, pour the honey mixture over them and toss well. Spread into an even layer. Roast the carrots, flipping halfway through, until tender and lightly browned, about 40 minutes.
6. Meanwhile, whisk yogurt, dill, mayonnaise, olive oil, lemon zest, lemon juice, the remaining 2 teaspoons garlic, 1 teaspoon paprika and ¼ teaspoon salt in a medium bowl.
7. Serve the carrots with the sauce and pepitas. Garnish with chives and lime zest, if desired.

SERVES 8: 1 cup carrots & ¼ cup sauce each
Cal 316 Fat 18g (sat 7g) Chol 5mg Carbs 30g Total sugars 19g (added 9g) Protein 10g Fiber 6g Sodium 358mg Potassium 753mg.

PRO TIP

Hire help if you need to whether it s a chef to prepare the meal or someone to clean your home. People are usually stressed trying to do everything themselves and it s simply not worth it Janell says. And it typically results in the host not being dressed in time burning a dish or forgetting smaller details.

Butternut Squash Risotto with Mascarpone page 81

PRO TIP

Have a batch cocktail ready when guests arrive, like this Mulled Wine. "Put it out so they can just pour it into their own cups to keep it easy," Eric says.

Mulled Wine

ACTIVE: 10 min TOTAL: 1 hr 10 min
EQUIPMENT: Slow cooker

A warm tipple like this mulled wine is the perfect antidote to a chilly winter s night. A full-bodied wine with plenty of tannins is best for mulling because it holds its own against the spices.

- 1 750-mL bottle dry red wine such as merlot *or* cabernet sauvignon
- 2 cups apple cider
- ¼ cup brandy apple brandy *or* applejack
- ¼ cup pure maple syrup
- 1 tablespoon cider vinegar
- Zest and juice of 1 orange plus slices for garnish
- 6 whole allspice berries
- 6 whole cloves
- 2 whole star anise
- 2 green cardamom pods
- 2 cinnamon sticks plus more for garnish

1. Combine wine cider brandy (or applejack) maple syrup vinegar orange zest and juice allspice cloves star anise cardamom and cinnamon sticks in a slow cooker or large pot. Cover and cook on Low in the slow cooker or on the lowest possible setting of the stovetop burner until hot about 1 hour.
2. Strain the mulled wine through a fine-mesh sieve discard solids. Serve warm garnished with orange slices and cinnamon sticks if desired.

SERVES 9: 5 oz. each
Cal 137 Fat 0g (sat 0g) Chol 0mg Carbs 15g Total sugars 12g (added 5g) Protein 0g Fiber 0g Sodium 7mg Potassium 198mg.

Red Wine–Braised Lamb Shanks

ACTIVE: 1 hr TOTAL: 3½ hrs
TO MAKE AHEAD: Refrigerate for up to 2 days.

Cooking the lamb shanks low and slow makes this tough cut of meat meltingly tender. Paired with a rich red-wine gravy it s a real winner. Short ribs or oxtails are also good candidates for this treatment. The recipe makes a generous amount of sauce so if there is any left over toss it with pasta or use it as the base of a chili or stew.

- 8 12-ounce lamb shanks trimmed *(see Tip)*
- 1 teaspoon kosher salt divided
- 1 teaspoon ground pepper divided
- 1 tablespoon extra-virgin olive oil
- 1½ large onions diced
- 3 medium carrots chopped
- 2 stalks celery chopped
- 10 cloves garlic minced
- cup all-purpose flour
- 3 tablespoons tomato paste
- 2 cups dry red wine such as pinot noir
- 3 cups low-sodium beef broth
- 1 24-ounce can tomato puree
- 4 bay leaves
- 4 sprigs fresh rosemary
- 1½ tablespoons red-wine vinegar
- Chopped fresh parsley for garnish

1. Position rack in lowest third of oven preheat to 350°F. Place a roasting pan next to the stove.
2. Pat lamb shanks dry. Season with ½ teaspoon each salt and pepper. Heat oil in a large pot over medium-high heat. Add 3 shanks and cook turning until browned on all sides about 7 minutes. Transfer to the roasting pan. Repeat in 2 more batches with the remaining shanks.
3. Reduce heat to medium and add onions carrots and celery to the pot. Cook stirring occasionally until soft about 5 minutes. Add garlic and cook for 1 minute. Add flour and tomato paste and cook until browned 3 to 5 minutes.
4. Increase heat to medium-high and add wine. Cook scraping up any browned bits until the liquid is reduced by half 3 to 5 minutes. Stir in broth tomato puree bay leaves rosemary and the remaining ½ teaspoon each salt and pepper. Bring to a simmer.
5. Pour the tomato mixture over the shanks in the roasting pan. Cover with foil and transfer to the oven. Bake until the meat is very tender and falling off the bone 2½ to 3 hours. Transfer the shanks to a serving dish and cover to keep warm.
6. Carefully place the roasting pan over two burners on the stovetop. Skim off any fat and discard the bay leaves and rosemary. Simmer the sauce over medium heat until thickened about 4 minutes. Stir in vinegar. Serve the shanks with the sauce and garnish with parsley if desired.

SERVES 8: 5 oz. lamb & cup sauce each
Cal 431 Fat 14g (sat 5g) Chol 156mg Carbs 14g Total sugars 5g (added 0g) Protein 54g Fiber 2g Sodium 499mg Potassium 1 064mg.

TIP: Look for small lamb shanks about 12 ounces each or 6 pounds total. If you can only get larger ones remove the cooked meat from the bones and divide it among your guests.

WHAT TO POUR
A French syrah with undertones of blackberries and freshly ground pepper from the Rhône Valley like the 2020 Château de Saint Cosme Côtes-du-Rhône France ($18) is a natural pairing for the lamb.

PRO TIP

Don t forget the music. Create a playlist that extends beyond the time of the party so you don t have to think about it—even if some guests stay after dinner is over says Janell.

Malva Pudding

ACTIVE: 25 min **TOTAL:** 55 min

TO MAKE AHEAD: Store airtight at room temperature for up to 1 day. Reheat before serving.

One of Eric s favorite desserts is this pudding that hails from South Africa. When it comes out of the oven it gets soaked with a rich custard. Sift a bit of confectioners sugar over the top before serving if you d like for a snowy finale.

PUDDING

- **⅓ cup all-purpose flour**
- **⅓ cup whole-wheat flour**
- **1½ teaspoons baking powder**
- **¾ teaspoon baking soda**
- **½ teaspoon salt**
- **2 large eggs**
- **¾ cup whole milk**
- **⅔ cup granulated sugar**
- **1 tablespoon unsalted butter, melted**
- **1 tablespoon apricot jam**
- **1 teaspoon cider vinegar**

GLAZE

- **⅔ cup heavy cream**
- **½ cup granulated sugar**
- **6 tablespoons unsalted butter, diced**
- **¼ cup water**

1. Preheat oven to 375°F. Coat a 9-inch-square baking pan with cooking spray.

2. To prepare pudding: Whisk all-purpose flour, whole-wheat flour, baking powder, baking soda and salt in a medium bowl. Whisk eggs, milk and ⅔ cup sugar in a large bowl until thick and pourable, about 2 minutes. Stir in melted butter, jam and vinegar. Add the flour mixture in three additions, stirring until smooth after each. Pour into the prepared pan.

3. Bake the pudding until it pulls away from the sides and the top is golden, about 25 minutes.

4. Meanwhile, prepare glaze: Heat cream, sugar, butter and water in a small saucepan over medium heat, whisking gently, just until the butter is melted and the mixture is smooth, about 5 minutes. Do not let it boil. Cover and keep warm.

5. When the pudding comes out of the oven, pour the warm glaze over it. Let cool for 15 minutes before serving.

SERVES 12: 1 piece each

Cal 230 **Fat** 13g (sat 8g) **Chol** 65mg **Carbs** 27g **Total sugars** 21g (added 20g) **Protein** 3g **Fiber** 0g **Sodium** 245mg **Potassium** 64mg.

Butternut Squash Risotto with Mascarpone

ACTIVE: 40 min **TOTAL:** 1¾ hrs

TO MAKE AHEAD: Refrigerate squash puree (Steps 1-3) for up to 3 days or freeze for up to 3 months.

Pureed squash and mascarpone make this risotto extra-luscious. You ll have more squash puree than you need for the risotto—incorporate the leftovers into a batch of lasagna or stir a spoonful into your morning bowl of oatmeal. (Photo: page 77.)

- **1 medium butternut squash**
- **5 tablespoons unsalted butter, cut into small pieces**
- **2 tablespoons brown sugar**
- **½ teaspoon ground cinnamon**
- **¼ teaspoon ground nutmeg**
- **5 cups low-sodium vegetable *or* chicken broth**
- **¼ cup extra-virgin olive oil**
- **½ medium yellow onion, diced**
- **1½ cups arborio rice**
- **1 cup dry white wine**
- **¼ cup mascarpone cheese**
- **¾ teaspoon kosher salt**
- **Fresh basil & shaved Parmesan cheese (optional)**

1. Preheat oven to 350°F. Line a rimmed baking sheet with foil.

2. Halve squash lengthwise and scoop out seeds. (Discard or save for another use.) Place cut-side up on the prepared pan. Divide butter and brown sugar between the halves. Roast until soft, 50 to 60 minutes. Let cool until easy to handle, about 10 minutes.

3. Scoop out the flesh and transfer to a blender or food processor. Add any liquid from the pan, along with cinnamon and nutmeg. Blend until smooth. Set aside ½ cup of puree for the risotto; reserve the remainder for another use.

4. Bring broth to a simmer in a medium saucepan over medium-high heat. Reduce the heat so the broth remains steaming, but not simmering.

5. Heat oil in a large pot over medium heat. Add onion and cook, stirring often, until soft and translucent, about 5 minutes. Stir in rice and cook, stirring often, until it is lightly toasted, about 2 minutes. Add wine and stir, scraping any bits from the bottom of the pan.

6. Stir ½ cup of hot broth into the rice. Cook, stirring frequently, until the liquid has been absorbed. Reduce heat to medium-low. Continue to cook, adding broth ½ cup at a time and stirring frequently after each addition, until most of the liquid is absorbed before adding more broth, until the rice is just tender and the risotto is creamy, 20 to 25 minutes.

7. Stir in the reserved ½ cup of squash puree, mascarpone and salt. Serve immediately with basil and Parmesan, if desired.

SERVES 8: ⅔ cup each

Cal 376 **Fat** 21g (sat 9g) **Chol** 37mg **Carbs** 38g **Total sugars** 5g (added 3g) **Protein** 4g **Fiber** 3g **Sodium** 274mg **Potassium** 119mg.

Arugula & Fennel Salad with Lemon Vinaigrette

ACTIVE: 20 min **TOTAL:** 20 min

TO MAKE AHEAD: Refrigerate salad and dressing separately for up to 8 hours.

This salad is a study in simplicity so use the best-quality ingredients to allow each one to really shine. Break out that special bottle of olive oil and grab a block of nutty Parmigiano-Reggiano from the specialty cheese section for the biggest flavor impact. (Photo: page 75.)

- **¼ cup extra-virgin olive oil**
- **2 teaspoons grated lemon zest**
- **¼ cup lemon juice**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **10 ounces baby arugula**
- **2 small fennel bulbs, shaved or thinly sliced, plus fronds for garnish**
- **2 ounces Parmesan cheese, shaved**

Whisk oil, lemon zest, lemon juice, salt and pepper in a large bowl. Add arugula and fennel and toss gently to combine. Serve topped with Parmesan and fennel fronds, if desired.

SERVES 8: 1½ cups each

Cal 116 **Fat** 9g (sat 2g) **Chol** 6mg **Carbs** 6g **Total sugars** 3g (added 0g) **Protein** 4g **Fiber** 2g **Sodium** 210mg **Potassium** 331mg.

LENORE T. ADKINS *is a Washington, D.C.-based food writer.*

Currently a judge on Battle of the Brothers, *chef* ERIC ADJEPONG *is writing two cookbooks due out in fall 2022.*

JANELL ADJEPONG *has limited event planning during the pandemic to her friends and family.*

LOCATION PHOTO ASSISTANT: FELIX AMANKWAH; STYLING: EMILY HALL (FOOD), CLAIRE SPOLLEN (PROPS)

THE REAL

Spinach, Feta & Root Vegetable Crostata
page 87

Opposite: Steamed Broccolini with Creamy Lemon-Caper Sauce, page 87

MAIN EVENT

Sure, everyone fawns over the roast or the bird—but let's be honest, the best part of any holiday meal is always the sides.

Recipes by Danielle Centoni & Carolyn Malcoun

Photography by Johnny Autry

Braised Winter Greens with Crispy Mushrooms

ACTIVE: 45 min **TOTAL:** 1¼ hrs
EQUIPMENT: Deep-fry or candy thermometer
TO MAKE AHEAD: Prepare mushrooms (Steps 1-3); store on a wire rack at room temperature for up to 2 hours. Reheat in a 350°F oven until sizzling, about 10 minutes.

Braised greens are one of the easiest side dishes ever. And when you top them with fried mushrooms they re downright irresistible. Salting the mushrooms helps pull out their water so they get crispy.

- **8 ounces button mushrooms, sliced**
- **2 teaspoons salt**
- **2 cups canola oil**
- **½ cup rice flour *or* cornstarch**
- **½ teaspoon baking powder**
- **2 tablespoons extra-virgin olive oil**
- **1 large leek, white and pale green parts only, thinly sliced and well rinsed**
- **3 cloves garlic, minced**
- **⅔ cup low-sodium vegetable *or* chicken broth**
- **8 cups lightly packed chopped kale**
- **8 cups lightly packed chopped mustard greens**
- **6 cups lightly packed chopped chard**
- **3 tablespoons lemon juice**
- **1½ tablespoons liquid aminos, such as Bragg**
- **½ teaspoon ground pepper**

1. Place mushrooms in a colander set in the sink or over a bowl. Sprinkle with salt and toss to coat. Let stand, tossing occasionally, for 30 minutes. Rinse well and gently squeeze to remove as much excess water as possible. Pat dry.
2. Heat canola oil in a large pot or high-sided skillet over medium heat until it reaches 350°F. Set a wire rack on a baking sheet and place near the stove.
3. Whisk flour (or cornstarch) and baking powder in a small bowl. Add half the mushrooms and toss to coat. Place in a dry colander and shake off the excess flour, then add to the hot oil. Fry until browned and crisp, about 3 minutes. Remove with a slotted spoon, shaking off the excess oil, and arrange in a single layer on the wire rack. Repeat with the remaining mushrooms.
4. Heat olive oil in a large pot over medium-high heat. Add leek and cook, stirring often, until softened, 3 to 5 minutes. Add garlic and cook, stirring, for 1 minute. Add broth and kale; cook, stirring, until wilted, 1 to 2 minutes. Add mustard greens, in batches if necessary, and cook, stirring until wilted, 1 to 2 minutes. Add chard and cook, stirring, until wilted, 1 to 2 minutes more. Stir in lemon juice, liquid aminos and pepper. Transfer the greens to a serving platter and top with the mushrooms.
SERVES 8: ⅔ cup each
Cal 129 **Fat** 9g (sat 1g) **Chol** 0mg **Carbs** 12g **Total sugars** 3g (added 0g) **Protein** 5g **Fiber** 4g **Sodium** 332mg **Potassium** 577mg.

Mashed Potato & Rutabaga Casserole

ACTIVE: 30 min **TOTAL:** 2 hrs
TO MAKE AHEAD: Refrigerate unbaked casserole for up to 2 days.

Adding a root like rutabaga or celeriac gives this casserole a more nuanced flavor than potatoes would alone turnips or kohlrabi would also be a delicious addition.

- **2½ pounds russet potatoes, cut into 1-inch chunks**
- **2½ pounds rutabaga *and/or* celeriac (celery root), peeled and cut into 1-inch chunks**
- **8 cloves garlic, peeled**
- **1 8-ounce package reduced-fat cream cheese, softened**
- **2 cups 2% plain Greek yogurt**
- **1½ cups reduced-fat milk**
- **1 tablespoon chopped fresh thyme plus 2 teaspoons, divided**
- **1 teaspoon salt**
- **½ teaspoon ground pepper**

1. Place potatoes, rutabaga (and/or celeriac) and garlic in a large pot. Cover with water. Cover and bring to a boil over high heat. Adjust heat to maintain a lively simmer. Cook until the vegetables are tender, about 15 minutes.
2. Meanwhile, preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
3. Drain the vegetables and return to the pot. Mash with a potato masher. Add cream cheese, yogurt, milk, 1 tablespoon thyme, salt and pepper; mash until evenly incorporated. Scrape into the prepared baking dish. Sprinkle with the remaining 2 teaspoons thyme.
4. Bake until golden brown on top, 1 to 1¼ hours. Let stand for 15 minutes before serving.
SERVES 14: ¾ cup each
Cal 174 **Fat** 5g (sat 3g) **Chol** 9mg **Carbs** 25g **Total sugars** 7g (added 0g) **Protein** 8g **Fiber** 3g **Sodium** 272mg **Potassium** 648mg.

RUSSETS
are higher in starch than other potatoes,
yielding a fluffier casserole.

SAUERKRAUT
adds pops of tanginess
throughout this dish.

Creamed Cabbage & Sauerkraut Casserole with Rye Breadcrumbs

ACTIVE: 35 min TOTAL: 55 min

TO MAKE AHEAD: Refrigerate unbaked casserole for up to 2 days.

Hot Hungarian paprika gives this casserole subtle heat but you could use sweet instead. To make fresh breadcrumbs trim crusts from 3 slices of rye bread and tear the bread into pieces. Pulse in a food processor until coarse crumbs form.

- 3 tablespoons extra-virgin olive oil divided
- 1 cup sliced shallots (about 6 medium)
- 2 tablespoons chopped garlic
- 16 cups sliced green cabbage (about 1 large)
- 1½ cups fresh rye breadcrumbs
- 1 teaspoon caraway seeds
- 1 teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon hot Hungarian paprika
- 3 tablespoons all-purpose flour
- 1½ cups reduced-fat milk
- 1 cup sauerkraut rinsed

1. Preheat oven to 375°F. Coat a 9-by-13-inch or similar-size baking dish with cooking spray.
2. Heat 2 tablespoons oil in a large pot over medium heat. Add shallots and cook, stirring occasionally, until starting to brown, about 3 minutes. Add garlic; cook, stirring, until fragrant, about 30 seconds. Add cabbage; cook, stirring occasionally, until tender, 8 to 10 minutes.
3. Meanwhile, toss breadcrumbs with the remaining 1 tablespoon oil in a small bowl. Spread on a rimmed baking sheet and bake until crispy, 8 to 10 minutes.
4. Stir caraway seeds, salt, pepper and paprika into the cabbage. Sprinkle with flour and stir to coat. Add milk and bring to a simmer. Cook, stirring occasionally, until thickened, about 4 minutes. Stir in sauerkraut. Transfer to the prepared pan and sprinkle with the breadcrumbs.
5. Bake until bubbling at the edges, 15 to 20 minutes. Let stand for 5 minutes before serving.

SERVES 12: ⅔ cup each
Cal 114 Fat 5g (sat 1g) Chol 2mg Carbs 16g Total sugars 5g (added 0g) Protein 4g Fiber 3g Sodium 307mg Potassium 289mg.

Steamed Broccolini with Creamy Lemon-Caper Sauce

ACTIVE: 25 min TOTAL: 25 min

TO MAKE AHEAD: Refrigerate sauce (Step 2) for up to 3 days.

This riff on gribiche the bright-and-herby classic French sauce is an easy way to dress up broccolini for the holidays. (Photo: page 83.)

- 2 cloves garlic peeled
- 2 scallions coarsely chopped
- ¼ cup flat-leaf parsley leaves
- 1½ teaspoons lemon zest
- ¼ cup lemon juice
- 2 tablespoons capers rinsed
- 1 tablespoon Dijon mustard
- 2 large hard-boiled eggs
- 6 tablespoons extra-virgin olive oil divided
- ¾ teaspoon salt divided
- ½ teaspoon ground pepper divided
- 2 pounds broccolini trimmed

1. Bring 1 inch of water to a boil in a large pot fitted with a steamer basket over high heat.
2. Meanwhile, with the motor running, drop garlic through the feed tube of a food processor. Process until finely chopped. Stop and add scallions, parsley, lemon zest, lemon juice, capers and mustard. Pulse until the scallions are finely chopped. Add eggs; pulse until chopped. Add 4 tablespoons oil, ½ teaspoon salt and ¼ teaspoon pepper; pulse to combine.
3. Add broccolini to the steamer basket, cover and steam, in batches if necessary, until bright green and just tender, about 4 minutes.
4. Transfer the broccolini to a serving platter. Drizzle with the remaining 2 tablespoons oil and sprinkle with the remaining ¼ teaspoon each salt and pepper. Top with the sauce.

SERVES 8: 1½ cups broccolini & 2 Tbsp. sauce each
Cal 166 Fat 12g (sat 2g) Chol 47mg Carbs 10g Total sugars 3g (added 0g) Protein 6g Fiber 2g Sodium 315mg Potassium 411mg.

Spinach, Feta & Root Vegetable Crostata

ACTIVE: 1¼ hours TOTAL: 2¼ hours

TO MAKE AHEAD: Refrigerate dough, vegetables and spinach mixture (Steps 1-5) separately for up to 1 day. Let the dough stand at room temperature for 15 minutes before rolling.

EQUIPMENT: Parchment paper

The crust filling and roasted vegetables can all be made ahead so the day-of assembly is easy as pie. (Photo: page 82.)

CRUST
- ¾ cup all-purpose flour
- ¾ cup whole-wheat flour
- ¾ cup walnuts
- ½ teaspoon salt
- 6 tablespoons (¾ stick) cold unsalted butter cut into cubes
- 2 tablespoons extra-virgin olive oil
- ¼ cup ice water plus 1-2 tablespoons

FILLING
- 1 medium kohlrabi *or* turnip peeled and cut into 1-inch wedges
- 12 ounces small yellow beets peeled and cut into 1-inch wedges
- 2 tablespoons extra-virgin olive oil divided
- ¼ teaspoon salt plus teaspoon divided
- ½ teaspoon ground pepper divided
- 12 ounces small red beets peeled and cut into 1-inch wedges
- 1 medium onion diced
- 3 cloves garlic finely chopped
- 1 10-ounce package frozen spinach thawed
- 5 ounces feta cheese crumbled
- Zest and juice of 1 lemon
- 2 tablespoons fresh thyme leaves
- 1 large egg beaten with 1 tablespoon water

1. To prepare crust: Combine all-purpose flour, whole-wheat flour, walnuts and ½ teaspoon salt in a food processor; pulse until the nuts are coarsely chopped. Add butter and oil; pulse until lumps the size of large peas form. Add ¼ cup water; pulse until evenly moistened. Add 1 to 2 tablespoons more water, if necessary, so you can squeeze a ball of dough and it doesn't crumble apart. Gather the dough into a ball and wrap in plastic wrap. Refrigerate.
2. To prepare filling: Position racks in upper and lower thirds of oven; preheat to 425°F.
3. Toss kohlrabi (or turnip) and yellow beets with 1 tablespoon oil and ¼ teaspoon each salt and pepper in a large bowl. Arrange on half of a large rimmed baking sheet. Toss red beets with ½ tablespoon oil and ⅛ teaspoon each salt and pepper. Arrange on the other side of the pan. Roast the vegetables on the lower rack until tender and lightly browned, flipping them halfway through, about 40 minutes.
4. Meanwhile, heat the remaining ½ tablespoon oil in a medium skillet over medium-high heat. Add onion; cook, stirring often, until tender, about 5 minutes. Add garlic; cook for 30 seconds more. Remove from heat. Squeeze spinach dry and add to the pan; stir and let cool.
5. Process feta, lemon zest, lemon juice, thyme and the remaining ⅛ teaspoon pepper in a food processor until combined. Stir into the cooled spinach mixture.
6. To prepare crostata: Line a baking sheet with parchment paper.
7. Roll the dough out on a lightly floured surface into a 13-inch circle. Transfer to the prepared baking sheet. Spread the spinach mixture over the dough, leaving a 1½-inch border. Arrange the vegetables on top. Fold the edges of the dough toward the center, overlapping as necessary. Brush the exposed crust with egg wash.
8. Bake the crostata on the lower rack for 20 minutes. Move to the upper rack and bake until the crust is browned and the filling has set, 15 to 20 minutes more. Let cool for 5 to 10 minutes before cutting. Serve warm or at room temperature.

SERVES 12: 1 wedge each
Cal 262 Fat 18g (sat 7g) Chol 30mg Carbs 22g Total sugars 6g (added 0g) Protein 7g Fiber 4g Sodium 346mg Potassium 411mg.

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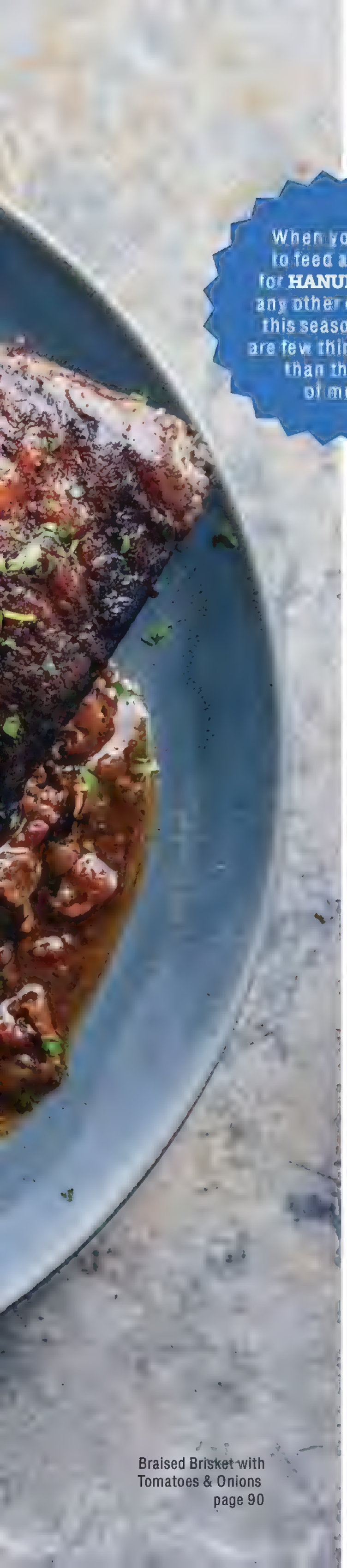
STYLING: CHARLOTTE AUTRY

By
Hannah
Selinger

Photography by
Eric
Wolfinger


When you need to feed a crowd for HANUKKAH or any other occasion this season, there are few things better than this cut of meat.

Braised Brisket with Tomatoes & Onions
page 90

Bring on the Brisket

My father made an excellent Hanukkah brisket, a recipe cribbed from a food-stained cookbook that I never learned the name of. He made latkes, too, the potato pancakes most often associated with the holiday. But it was his brisket, I think, of which he was most proud.

Brisket is the type of food that unites, in good times and in bad, and maybe that's why my father was so fond of it.

When the holidays arrive, many Jewish people in America celebrate with a dinner like the one I grew up eating. This meat, which is traditionally braised, sliced and plated in a pool of sauce upon the best china, sets the backdrop for the gathering.

A brisket, by nature, is the perfect entertaining food. It's a large-format meal with plenty to spare, an opportunity to extend the gift of welcome, to feed a crowd. Most briskets range in size from 10 to 20 pounds, and even when you buy a smaller piece, you're bound to have leftovers.

It feels triumphant to shop for the larger cut this year, as opposed to the one that will feed just two or four. The reward lies in knowing that friends and family are together again, in the festive, slightly chaotic way that holidays always tend to go. And those leftovers are part of the experience.

The very idea of them, I like to think, is the consequence of having dreamed a little too big, of having made sure that, when the last candle expires, every person is fed—and fed well. When the guests have all gone, what remains is not only the stacked dishes and the wine-stained tablecloth. It's the brisket that will carry on, a marching soldier in its culinary efficiency, to the next meal. It is enough for everyone. It is more than enough. That was always the point.

On the following pages you'll find two brisket recipes—one braised and the other grill-smoked—that will make more than you'll likely need for a single meal. Then there are four additional recipes that transform any leftovers into entirely different meals, worthy of entertaining again. It's too much, you might think on first glance, but really, in the spirit of the holidays, it's just enough.

HANNAH SELINGER *is a food and lifestyle writer based in New York. Find her on Instagram @druishamericanprincess.*

> “The very idea of leftovers is the consequence of having dreamed a little too big.”

Braised Brisket with Tomatoes & Onions

ACTIVE: 40 min **TOTAL:** 5 hrs

TO MAKE AHEAD: Refrigerate for up to 4 days.

Tamari sherry dried mushrooms and Worcestershire sauce add intense umami flavor to this saucy brisket. (Photo: page 88.)

- **2 ounces dried mushrooms, such as porcini *and/or* shiitake**
- **2 cups boiling water**
- **1 3-pound flat-cut brisket *(see Tip opposite)***
- **1 teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **2 tablespoons extra-virgin olive oil**
- **2 large onions, thinly sliced**
- **3 cloves garlic, smashed and peeled**
- **2 tablespoons tomato paste**
- **1 cup dry sherry, divided**
- **1 28-ounce can no-salt-added whole peeled tomatoes, crushed**
- **6 sprigs fresh thyme**
- **1 bay leaf**
- **1 750-mL bottle full-bodied red wine, such as cabernet sauvignon**
- **2 tablespoons balsamic vinegar**
- **1 tablespoon Worcestershire sauce *(see Tip below)***
- **1 tablespoon reduced-sodium tamari *or* soy sauce**
- **½ cup chopped fresh parsley**

1. Preheat oven to 350°F.

2. Place mushrooms in a small bowl and cover with boiling water. Let soak for 30 minutes. Reserve the soaking liquid and chop the mushrooms.

3. Meanwhile, trim all but ½-inch layer of fat from brisket. Season with salt and pepper. Heat oil in a large ovenproof pot over medium-high heat. Beginning with the fat-side down, sear the brisket, flipping occasionally, until browned all over, about 10 minutes total. Transfer to a plate.

4. Reduce heat to medium. Add onions and garlic and cook, stirring often, until translucent, about 3 minutes. Add tomato paste and cook for 1 minute. Add the mushrooms and reserved soaking liquid, stirring to scrape up any browned bits. Cook for 1 minute. Add ½ cup sherry, tomatoes, thyme and bay leaf and simmer for 2 minutes.

5. Return the brisket, fat-side up, and any accumulated juices to the pot. Pour in wine. Cover the pot and transfer to the oven. Bake for 3 hours.

6. Uncover and continue baking until the brisket is fork-tender and the sauce has thickened, 40 minutes to 1 hour 20 minutes more.

7. Transfer the brisket to a clean cutting board. Discard the thyme and bay leaf and skim fat from the surface. Stir vinegar, Worcestershire, tamari (or soy sauce) and the remaining ½ cup sherry into the sauce; cook over medium heat until slightly reduced, about 10 minutes. Slice the brisket against the grain and return it to the sauce. Serve sprinkled with parsley.

SERVES 10: 3 oz. brisket & ½ cup sauce each

Cal 333 **Fat** 8g (sat 2g) **Chol** 88mg **Carbs** 13g **Total sugars** 4g (added 0g) **Protein** 32g **Fiber** 3g **Sodium** 423mg **Potassium** 840mg.

TIP: To make these recipes kosher, substitute more tamari or soy sauce for the Worcestershire and/or oyster sauces.

Grill-Smoked Barbecue Brisket

ACTIVE: 30 min **TOTAL:** 13 hrs (including 4 hours marinating time)

TO MAKE AHEAD: Refrigerate sauce (Step 8) for up to 1 week.

EQUIPMENT: Spray bottle

Without a smoker you can use wood chips and your grill to infuse the meat with loads of flavor. In this recipe the brisket spends 2 hours on the grill then finishes in the oven which better controls the cooking environment. Serve with soft bread and pickles.

BRISKET

- **1½ tablespoons dry mustard**
- **1 tablespoon ancho chile powder**
- **1 tablespoon ground cumin**
- **1 tablespoon dried oregano**
- **2 teaspoons granulated garlic**
- **1 teaspoon ground ginger**
- **1 teaspoon cayenne pepper**
- **1 teaspoon kosher salt**
- **1 5-pound point brisket *(see Tip opposite)***
- **2 cups applewood *or* hickory chips *(see Tip page 99)***
- **½ cup apple juice**
- **2 tablespoons cider vinegar**

SAUCE

- **⅔ cup ketchup**
- **½ cup cider vinegar**
- **¼ cup packed brown sugar**
- **1 teaspoon granulated garlic**
- **1 teaspoon Worcestershire sauce *(see Tip below)***
- **1 teaspoon kosher salt**
- **1 teaspoon freshly cracked black pepper**

1. To prepare brisket: Combine mustard, chile powder, cumin, oregano, 2 teaspoons granulated garlic, ginger, cayenne and salt in a small bowl. Trim all but ½-inch layer of fat from brisket. Place the brisket on a baking sheet and sprinkle all over with the spice mix. Cover and refrigerate for at least 4 hours or overnight.

2. When ready to cook, place wood chips in a medium bowl, cover with water and let soak for 30 minutes. If using a gas grill, loosely wrap all the soaked wood chips in foil with an opening at the top, and place them beneath the grill grates directly over the heat source before preheating.

3. Preheat half the grill on medium (or build a medium-heat fire on one side of a charcoal grill) and leave the other half unheated; preheat to 250°F. Combine apple juice and 2 tablespoons vinegar in a spray bottle. If using charcoal, drain the wood chips and add 1 cup to the charcoal.

4. Place the brisket, fat-side up, on the grates over indirect heat for 2 hours, spraying with the juice mixture every 30 minutes to moisten. Gradually add the remaining 1 cup wood chips to the charcoal to keep the smoke going.

5. Preheat oven to 250°F.

6. Wrap the brisket in foil and place on a rimmed baking sheet. Bake until a fork meets no resistance when inserted and the internal temperature registers 195°F, 6 to 7 hours.

7. Remove the brisket from the oven and unwrap foil. Turn broiler to high. Broil the brisket, fat-side up, until the top is crisp, about 5 minutes. (Watch carefully so it does not burn.) Let rest on the baking sheet, covered with foil, for 45 minutes to 1 hour before carving.

8. Meanwhile, prepare sauce: Combine ketchup, vinegar, brown sugar, granulated garlic, Worcestershire, salt and pepper in a small saucepan. Bring to a simmer over medium heat. Cook for 5 minutes.

9. Transfer the brisket to a cutting board. Thinly slice against the grain. Serve with the sauce.

SERVES 16: 3 oz. brisket & 1 Tbsp. sauce each

Cal 221 **Fat** 6g (sat 2g) **Chol** 92mg **Carbs** 9g **Total sugars** 7g (added 5g) **Protein** 31g **Fiber** 1g **Sodium** 467mg **Potassium** 557mg.

STYLING: ABBY STOLFO (FOOD) GLENN JENKINS (PROPS)

Brisket Basics

Derived from the cow s pectoral muscle brisket is a large cut of meat weighing up to 20 pounds. But most supermarkets sell it in smaller pieces. You ll often find it portioned in one of two ways: the leaner first-cut also referred to as flat-cut is better for braising while the fattier point-cut stays moist during the smoking process.

Grill-Smoked Barbecue Brisket

Smoked Brisket & Bok Choy Noodle Soup

ACTIVE: 40 min TOTAL: 1 hr

Coating the brisket in a savory glossy sauce before adding it to the broth gives this soup extra chutzpah.

- 8 cups low-sodium beef broth divided
- 2 tablespoons reduced-sodium tamari *or* soy sauce
- 1½ tablespoons oyster sauce *(see Tip page 90)*
- 1½ tablespoons brown sugar
- 2 thumb-size pieces peeled fresh ginger 1 halved and 1 julienned divided
- 2 cups chopped Grill-Smoked Barbecue Brisket *(page 90)*
- 1 pound shiitake mushrooms stems reserved caps sliced divided
- ½ bunch fresh cilantro stems and leaves separated divided
- 2 cloves garlic smashed and peeled
- ½ teaspoon fish sauce
- ½ teaspoon ground pepper
- ½ bunch scallions white and green parts separated thinly sliced divided
- 3 heads baby bok choy
- 4 ounces rice noodles
- 1½ teaspoons toasted sesame oil

1. Combine 1 cup broth, tamari (or soy sauce), oyster sauce, brown sugar and one of the halved pieces of ginger in a large skillet. Bring to a boil. Adjust heat to maintain a simmer and cook [illegible] reduced by two-thirds, about 10 minutes. Discard the ginger. Add brisket and stir to coat. Remove from heat and cover to keep warm.

2. Combine the remaining 7 cups broth, shiitake stems, cilantro stems and half the cilantro leaves, garlic, fish sauce, pepper and the remaining halved piece of ginger in a large pot. Bring to a boil over high heat. Reduce heat to maintain a lively simmer and cook for 20 minutes. Using a slotted spoon, remove and discard the solids from the broth. Return the broth to a boil and add shiitake caps and scallion whites; cook until tender, about 7 minutes.

3. Meanwhile, bring a large saucepan of water to a boil. Add bok choy and cook until tender-crisp, about 2 minutes. Using a slotted spoon or tongs, transfer to a bowl of ice water to stop the cooking, then transfer to a clean kitchen towel. Add noodles to the boiling water and cook until just tender, about 5 minutes. Drain and rinse with cold water. Quarter each bok choy.

4. Ladle the broth into bowls and add bok choy, noodles, brisket, scallion greens, julienned ginger, sesame oil and the remaining cilantro leaves to each.

SERVES 4: 2 cups each

Cal 377 Fat 9g (sat 3g) Chol 61mg Carbs 39g Total sugars 9g (added 5g) Protein 33g Fiber 3g Sodium 819mg Potassium 977mg.

Brisket, Potato & Leek Kugel

ACTIVE: 35 min **TOTAL:** 2 hrs 10 min

Here the addition of brisket transforms a kugel—the traditional Jewish pudding usually made with noodles or potatoes—into a main course. Pair with a green salad. To make this recipe kosher omit the butter.

- 1 tablespoon extra-virgin olive oil
- 2 medium leeks, white and pale green parts only, thinly sliced, rinsed
- 1 large shallot, thinly sliced
- 3 cloves garlic, minced
- 6 sprigs fresh thyme, plus 2 tablespoons thyme leaves
- 1 teaspoon kosher salt, divided
- 1 teaspoon ground pepper, divided
- 3 pounds russet potatoes
- ⅓ cup all-purpose flour
- 1 cup low-sodium beef broth
- 5 large eggs, lightly beaten
- 2 tablespoons matzo meal
- 1 tablespoon finely chopped fresh rosemary
- 2 cups shredded Braised Brisket with Tomatoes & Onions *(page 90)*
- 2 tablespoons unsalted butter, cubed

1. Preheat oven to 425°F. Coat a 9-by-13-inch baking dish with cooking spray.

2. Heat oil in a large skillet over medium heat. Add leeks, shallot, garlic, thyme sprigs and ¼ teaspoon each salt and pepper and cook until translucent and soft, about 5 minutes. Remove the thyme sprigs and set the leek mixture aside to cool, about 5 minutes.

3. Meanwhile, peel potatoes and place in a bowl of cold water. Using a chef's knife or mandoline, slice the potatoes into ¼-inch-thick rounds, returning them to the water as they're sliced.

4. Place flour in a medium bowl and gradually pour in broth, whisking vigorously to prevent clumping. Whisk in eggs and matzo meal. Combine rosemary and thyme leaves in a small bowl.

5. Drain the potatoes and pat dry. Shingle a layer of them in the prepared baking dish. Sprinkle with one-third of the herb mixture and ¼ teaspoon each salt and pepper. Cover with half the leek mixture and 1 cup brisket. Repeat with a second layer of potatoes, another third of the herbs, ¼ teaspoon each salt and pepper, and the remaining leeks and brisket. Top with a final layer of potatoes and season with the remaining herbs and ¼ teaspoon each salt and pepper. Pour the egg mixture evenly over the top. Dot with butter. Cover loosely with foil.

6. Place the baking dish on a baking sheet. Bake for 1 hour. Remove foil and continue to bake until the potatoes are golden-brown and fork-tender and the liquid has stopped bubbling from the inside, about 30 minutes more.

7. Transfer the baking dish to a rack to cool for at least 15 minutes before cutting.

SERVES 10: about 1 cup each

Cal 336 **Fat** 10g (sat 3g) **Chol** 134mg **Carbs** 39g **Total sugars** 3g (added 0g) **Protein** 20g **Fiber** 4g **Sodium** 392mg **Potassium** 1,087mg.

Smothered Potato Latkes

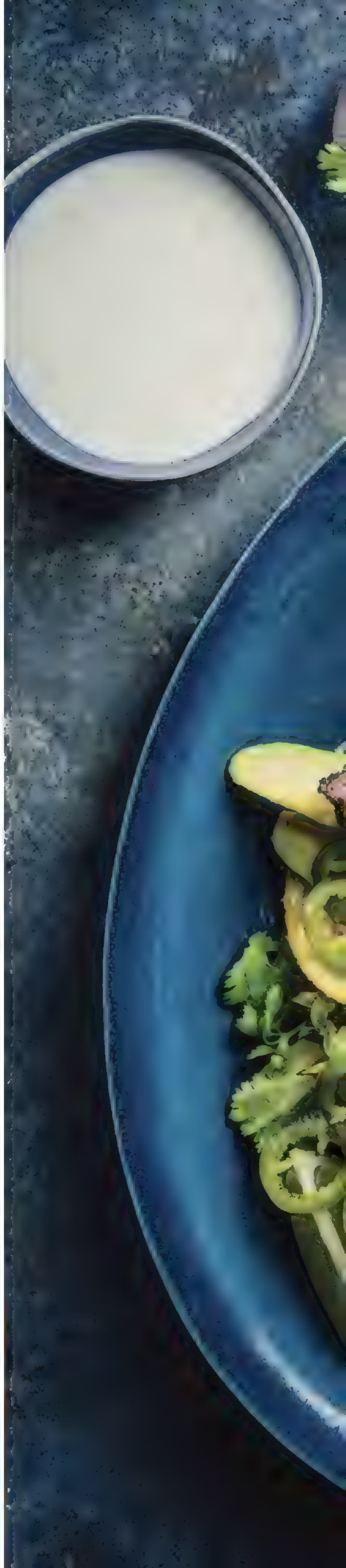
ACTIVE: 1 hr 10 min TOTAL: 1 hr 10 min
EQUIPMENT: Candy or deep-fry thermometer

Don t overlook the instructions in Step 5. After you drain the excess moisture from the potatoes and onion you ll see a milky white substance at the bottom of the bowl. It s potato starch—and including it in the latke mixture not only helps them hold together but also makes for crispier results.

- 2 tablespoons extra-virgin olive oil divided
- 2 small onions 1 thinly sliced and 1 quartered divided
- 2 tablespoons water
- 8 ounces white mushrooms quartered
- 1½ teaspoons salt divided
- ¾ teaspoon ground pepper divided
- 1½ cups shredded Braised Brisket with Tomatoes & Onions *(page 90)*
- 2½ pounds russet potatoes peeled
- 2 large eggs separated
- 1 tablespoon matzo meal
- 1 cup canola *or* grapeseed oil
- Chopped fresh chives for garnish

1. Heat 1 tablespoon olive oil in a large skillet over medium-low heat. Add sliced onion and cook, stirring occasionally, until starting to brown, 6 to 8 minutes. Stir in water, scraping up any browned bits. Continue to cook, stirring occasionally, until the onion is brown and soft, about 1 minute. Transfer to a plate.
2. Add the remaining 1 tablespoon olive oil and mushrooms to the pan. Cook, stirring occasionally, until browned, about 8 minutes. Season with ½ teaspoon each salt and pepper. Return the onion to the pan, add brisket and mix well. Cover and set aside.
3. Preheat oven to 300°F. Set a wire rack on a baking sheet and place it in the oven.
4. Using a food processor fitted with the shredding disk, shred potatoes and quartered onion, alternating them. Transfer to a bowl and let stand for 5 minutes.
5. Using a slotted spoon, transfer the shredded vegetables to a clean kitchen towel set over a large colander. Set the colander in a large bowl and twist the towel to squeeze the moisture out. Carefully pour off the liquid from the bowl, taking care to leave behind the white, starchy paste at the bottom. Add the squeezed vegetables to the bowl with the starch.
6. Add egg yolks, matzo meal and the remaining 1 teaspoon salt and ¼ teaspoon pepper to the potato mixture. Mix thoroughly to combine. Beat egg whites in a medium bowl with an electric mixer until they are shiny and form stiff peaks. Fold the whites into the potato mixture.
7. Heat canola (or grapeseed) oil in a large skillet over medium heat until it reaches 375°F. Working in batches, drop several golf-ball-size spoonfuls of the potato mixture into the hot oil. Using a spatula, press down to make latkes about 1½ inches wide. Cook, flipping once, until browned, 5 to 7 minutes total. Transfer to the rack in the oven while you fry the remaining latkes, making sure the oil returns to 375°F before cooking each batch.
8. Reheat the reserved brisket mixture, if necessary. Serve the latkes topped with the brisket mixture. Garnish with chives, if desired.

SERVES 8: ⅓ cup topping & 3 latkes each
Cal 442 Fat 23g (sat 4g) Chol 89mg Carbs 36g Total sugars 4g (added 0g) Protein 21g Fiber 5g Sodium 639mg Potassium 1,201mg.



Smoked Brisket Tacos

ACTIVE: 25 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Refrigerate pickled jalapeños (Step 1) for up to 1 month.

Salty cotija cheese also called queso añejo provides a sharp counterpoint to the smoky brisket. Find it near other specialty cheeses or in Mexican grocery stores. To make this recipe kosher omit the cheese and use vegan yogurt in Step 2.

- ½ cup rice vinegar
- ½ cup hot water
- 2 tablespoons granulated sugar
- 1 tablespoon kosher salt plus ½ teaspoon, divided
- 2 jalapeño peppers, thinly sliced into rounds
- 1 clove garlic, smashed and peeled, plus 1 clove minced, divided
- ¼ cup whole-milk plain Greek yogurt
- 3 teaspoons lime juice, divided, plus lime wedges for serving
- ¼ teaspoon ground pepper, divided
- 3 radishes, very thinly sliced
- 2 avocados, sliced
- 1 tablespoon extra-virgin olive oil
- 1 bunch scallions, trimmed and cut into thirds
- 1 pound sliced Grill-Smoked Barbecue Brisket (3 cups; *page 90*)
- 12 corn tortillas, warmed
- 1 cup crumbled cotija cheese
- 1 cup fresh cilantro leaves

1. Combine vinegar, hot water, sugar and 1 tablespoon salt in a small bowl. Stir to dissolve. Add jalapeños and smashed garlic. Refrigerate for at least 1 hour and up to 1 month.

2. Combine minced garlic, yogurt, 1 teaspoon lime juice and ⅛ teaspoon each salt and pepper in a small bowl. Toss radishes with 1 teaspoon lime juice and ⅛ teaspoon salt in another small bowl. Toss avocados with the remaining 1 teaspoon lime juice and ⅛ teaspoon salt in another small bowl. Set aside.

3. Heat oil in a large skillet over medium-high heat. Add scallions and the remaining ⅛ teaspoon each salt and pepper. Cook, turning often, until slightly wilted and charred on all sides, about 3 minutes. Transfer to a cutting board.

4. Add brisket to the pan and cook until heated through, 1 to 2 minutes per side. Transfer to the cutting board and cut into bite-size pieces.

5. Serve the brisket with avocado, yogurt sauce, scallions, jalapeños, radishes, cheese and cilantro in tortillas, with lime wedges on the side, if desired.

SERVES 6: 2 tacos each

Cal 537 **Fat** 26g (sat 7g) **Chol** 103mg **Carbs** 43g **Total sugars** 6g (added 1g) **Protein** 38g **Fiber** 9g **Sodium** 838mg **Potassium** 947mg.

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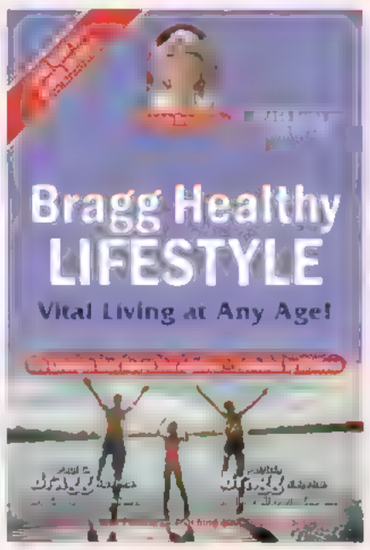
The Recipe for a simply-achieved Healthy Life can be learned from these timeless books!



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SMARTS FROM OUR TEST KITCHEN

Gifts That Keep Giving

What's better than getting single-origin coffee and chocolate from around the world, or a special collection of cheeses curated by a world-class fromager? Getting them delivered directly to your door every month in a subscription box! These days, there are endless options, but we're partial to these five—all perfect holiday presents for the food-lover in your life.
By Adam Dolge

FOR THE COCKTAIL LOVER

Shaker & Spoon
Each shipment includes recipes for three cocktails, all the ingredients needed to make 12 drinks (you supply the booze), and cards with cocktail-making lessons on things like infusing. The recipes focus on a specific spirit every month. Rum's the Word, for instance, has you shaking up a Seville orange Hemingway en Nica and a nori-infused Sea Fog. ($40-$50 per month, *shakerandspoon.com*)

Photos by Ted & Chelsea Cavanaugh
Styling by Nora Singley

(continued from previous page)

FOR THE CHEESE OBSESSED

Curdbox

This box includes a themed selection of 3 cheeses (12 ounces total), plus snacks to pair with each one. Going Nuts, for example, includes nutty-flavored cheeses, such as raw-milk Cheddar from Modesto, California, and a Spanish manchego-inspired cheese—along with seasoned pistachios, guava paste with pecans and cranberry-hazelnut crisps to nibble with them. ($50 per month, *curdbox.com*)

FOR THE ADVENTUROUS COOK

Vermont Bean Crafters Co. Bean Box

This quarterly service ships 6 different types of organic dried beans (1 pound of each type), like White Tepary from Arizona or Calypso from Idaho. The box includes recipes, an accouterment, such as dried herbs, to cook the beans with, and info on their origins and the farmers who grow them. ($48 per quarter, *vermontbeancrafters.com*)

FOR THE COFFEE NERD

Atlas Coffee Club

We are fans of Atlas for its focus on single-origin coffee beans from countries such as Myanmar, Ecuador, Malawi and India. The company pays farmers above-market prices for their beans to help encourage growers to invest in coffee quality and sustainability. Choose to send 6, 12 or 24 ounces of coffee each month (you select your preferred roast type and grind level or whole bean). ($9-$28 per month, *atlascoffeeclub.com*)

FOR THE CHOCOHOLIC

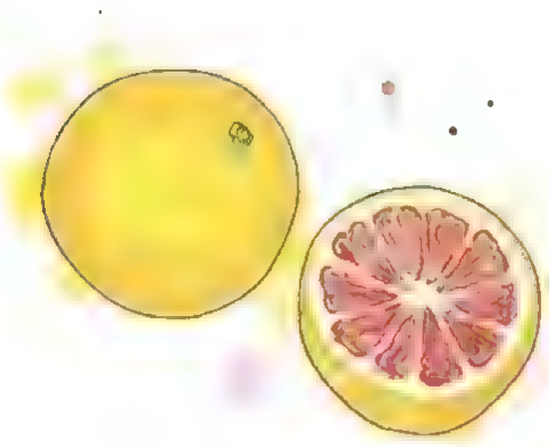
Cococlectic

Each of the 4 to 5 dark-chocolate bars in this monthly box are made from single-origin cacao beans from diverse regions including Vietnam, Uganda and Belize. The chocolates are crafted by American chocolatiers who must meet strict guidelines, such as using three ingredients or fewer, and employing ethical sourcing practices. Subscribers receive a flavor wheel and tasting notes, as well as access to virtual tastings with the chocolate makers. ($43 per month, *cococlectic.com*)

Scan with your phone s camera to get ideas for homemade food gifts.

INGREDIENT ID

Wood Chips *(p.90)* These are simply small dried pieces of wood. Chips from fruit trees like cherry apple and pear impart a mild smoky flavor ideal for delicate fish and chicken while hickory maple oak and pecan have a stronger flavor best suited for more fatty cuts of meat. Many grocery stores carry wood chips but try a hardware store for a bigger assortment.



Cara Cara Oranges *(p.24)* The minimal amount of pith makes this medium-size navel orange ideal to suprême or segment. It has a sweeter more complex flavor than a standard navel and a more crimson color closer to a red grapefruit or blood orange. Find them at your grocery store in early winter.

Rose Water *(p.69)* A bottle of rose water should last a very long time because a little goes a long way. It is made by distilling rose petals in water to release their essence and is used throughout the Middle East and Mediterranean in sweets like baklava and in drinks. Find it in well-stocked grocery stores and gourmet markets.

Ask Breana

How many apps and drinks should I plan on for my holiday party?

It can be a guessing game trying to figure out how many starters and drinks your guests will help themselves to. You don't want to spend your time making a ton of apps that don't get eaten, or buying way too many bottles of wine—and you definitely don't want to run out, either! Here are a few things to keep in mind.

Do the Food Math. I like to serve two or three different types of small bites, plus a cheese board and dips. Plan on offering two of each app per person for individual nibbles like crab cakes or mini quiches. In addition, serve two to three styles of cheese—to have a good assortment—and plan on an ounce of cheese per person, knowing you'll likely have extras. Serve ½ cup crackers per person. For dips, aim for around ¼ cup for each guest.

Plan How Much Booze to Buy. As a general rule, count on one drink per person per hour to ensure the bar doesn't go dry. When shopping, remember: There are five glasses of wine per bottle. I recommend offering at least one type of red and one white wine, as well as a couple styles of beer, plus a few nonalcoholic options.

Factor in the ***Type*** of Party. If you're just going to be serving appetizers and cocktails—and skipping the mains—be sure there is plenty of variety. You can still count on making two servings of each appetizer per person, but plan to make five to seven different types of apps.

BREANA LAI KILLEEN, M.P.H., RD, *is the* EatingWell *Test Kitchen manager.*

HOW TO MAKE CINNAMON ROLLS (page 67)

1. Gently roll dough out on a lightly floured surface into an 18-by-15-inch rectangle with the long side facing you. Sprinkle with the cinnamon-sugar filling leaving a 1-inch border at the top.

2. Carefully roll up the dough beginning with the edge closest to you starting in the center and working your way to the sides to maintain a uniform cylinder. Stop when you get to the border.

3. Pinch the edge (without sugar) into the dough to seal the log. You may need to go back over the seam again to ensure the cylinder is well sealed.

4. Slide a long strand of unflavored dental floss under the log cross the ends over the top and pull to cut the dough. Repeat so you have 12 equal portions. (A knife might tear and/or flatten the rolls.)

PAGES 99 & 100: ILLUSTRATIONS BY EMMA DIBBEN

THE COVER RECIPE

Red, White & *Ooh*

How gorgeous is this dessert? Find out which ingredients give our pie its striking red color, mouthwatering tang and velvety texture. By Laura Kanya

Gelatin While the protein from the eggs helps firm up the curd it s the gelatin that sets it and makes it sliceable. It contains special string-like collagen proteins that form a 3-D matrix around the other ingredients causing the warm curd to thicken and turn into a semisolid gel as the pie cools. The gelatin produces that signature jiggle.

Hibiscus Flower Powder Pomegranate juice loses its brightness and turns mauve when combined with eggs so we added hibiscus powder—a natural food coloring—to maintain its vibrant color. Look for it in natural-foods stores or online.

Lemon Juice Not only does the citrus make this pie pop with even more bright acidity it also lowers the pH of the curd mixture and provides the ideal conditions for the proteins in the eggs to thicken. Plus the extra acidity helps maintain the red shade of the hibiscus flower powder (it keeps the pH level low enough for the hibiscus to stay a deep purplish red).

Fresh Ginger The spicy heat from fresh ginger cuts through the tartness of the pie and provides complexity compared to the more muted flavor of ground dried ginger. And grating the fresh root—versus chopping—releases more essential oils (read: flavor) and also helps the ingredient easily blend into the curd.

Room-Temperature Egg Whites There s a reason we call for egg whites at room temperature rather than straight out of the fridge: the surface tension of the albumen (the protein in the whites) is lower when it s not cold making it easier to whip air into the whites. Be sure your bowl is clean when making the meringue (crack your eggs in a separate bowl so you won t have to start over if there is any errant yolk). Any fat residue may encase the proteins in the whites and prevent them from forming and holding a foam.

Pomegranate-Ginger Meringue Pie

ACTIVE: 30 min **TOTAL:** 1½ hrs (including 1 hr chilling time)

TO MAKE AHEAD: Prepare pie through Step 3 and refrigerate overnight or freeze for up to 1 month. Thaw in the refrigerator for 8 hours before continuing. **EQUIPMENT:** Candy thermometer

- **2 teaspoons cold water**
- **2 teaspoons unflavored gelatin** *(see Tip)*
- **½ cup granulated sugar**
- **2 tablespoons hibiscus flower powder** *(see Tip)*
- **4 large egg yolks**
- **1 large egg**
- **1 cup pomegranate juice**
- **2 teaspoons lemon juice** *(see Tip)*
- **2 teaspoons orange zest**
- **1½ teaspoons grated fresh ginger** *(see Tip)*
- **¼ teaspoon salt**
- **8 tablespoons (1 stick) cold unsalted butter, sliced**
- **1 9-inch prepared graham cracker crust**

MERINGUE

- **3 large egg whites, at room temperature** *(see Tip)*
- **½ cup granulated sugar**
- **⅛ teaspoon cream of tartar**
- **Pomegranate arils (seeds) for garnish**

1. Combine water and gelatin in a small bowl; let stand for at least 5 minutes. Set a fine-mesh sieve over a medium bowl and place the bowl over a larger bowl filled with ice water.

2. Whisk sugar and hibiscus powder in a medium saucepan to combine. Add egg yolks and whole egg and whisk until combined. Whisk in pomegranate juice, lemon juice, orange zest, ginger and salt. Cook over medium-low heat, stirring constantly with a silicone spatula, until the mixture reaches 170°F and has thickened, 4 to 10 minutes.

3. Remove from heat and quickly whisk in the gelatin mixture until melted. Add butter a piece at a time, stirring until melted. Strain the curd through the sieve and chill in the bowl over the ice bath, stirring often, for 15 minutes. Pour the curd into the crust. Cover and refrigerate until set, at least 1 hour or overnight.

4. To prepare meringue: Combine egg whites, sugar and cream of tartar in a mixing bowl. Set the bowl over a pan of almost simmering water and whisk gently and continuously until the mixture reaches 140°F and the sugar dissolves. Remove from heat and beat with an electric mixer until stiff peaks form, about 4 minutes.

5. Spread the meringue over the chilled pie. If you have a culinary torch, hold it about 4 inches from the meringue and use a circular motion to brown the top. *(Alternatively broil the pie 3 inches from the heating element until the top is browned about 3 minutes.)* Garnish with pomegranate arils, if desired, and serve immediately.

SERVES 12: 1 slice each

Cal 252 **Fat** 15g (sat 7g) **Chol** 97mg **Carbs** 26g **Total sugars** 16g (added 12g) **Protein** 4g **Fiber** 0g **Sodium** 171mg **Potassium** 107mg.

Scan with your phone s camera for more holiday desserts.

RECIPE INDEX

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers & Drinks																				
43	Buddha's Hand Gimlet-Tini	199	10	10	0	0	3	1							■	■			■	■
50	Mini Bell Pepper Pebre	34	3	0	1	1	76	106						34	■	■	■	■	■	■
78	Mulled Wine	137	15	5	0	0	7	198								■			■	■
50	Pickled Mini Bell Peppers	17	3	0	0	1	26	94				24		54		■	■	■	■	■
50	Pimiento Cheese-Stuffed Mini Bell Peppers	31	1	0	2	0	65	43							■	■	■	■		■
50	Prosciutto-Wrapped Mini Peppers	51	1	0	2	0	153	44							■	■		■		
50	Roasted Mini Bell Pepper & Artichoke Dip	102	4	0	2	1	148	97				21		42	■	■				■
Breakfast & Brunch																				
69	Blood Oranges with Rose Water & Pistachios	122	22	4	2	4	15	62						81	■	■	■	■	■	■
67	Cinnamon Rolls	272	54	12	6	4	219	164							■		■			■
68	Orange & Fennel Sausage Patties	184	3	0	10	0	254	202							■	■		■		
65	Pecan-Cherry Toasted Muesli Yogurt Cups	286	35	8	11	4	111	420					28		■			■		■
66	Spinach & Feta Strata	388	34	0	23	5	832	565	34	35	21	125	54					■		■
48	Tikka Masala Baked Eggs	167	10	0	8	1	528	71							■	■		■		■
69	Wild Rice Waffles with Chicken Tenders	478	44	3	37	4	686	272										■		
Soups & Salads																				
81	Arugula & Fennel Salad with Lemon Vinaigrette	116	6	0	4	2	210	331				27			■	■	■	■		■
24	Cara Cara Orange & Burrata Salad	248	20	3	7	4	205	205				80		105	■	■				■
56	Celeriac Soup with Tomato-Horseradish Tapenade	72	12	0	2	3	185	393								■	■	■	■	■
56	Escarole Salad with Pomegranates & Pistachios	107	7	1	3	2	88	226							■	■	■	■		■
Sides																				
84	Braised Winter Greens with Crispy Mushrooms	129	12	0	5	4	332	577				104		115		■		■	■	■
87	Creamed Cabbage & Sauerkraut Casserole with Rye Breadcrumbs	114	16	0	4	3	307	289						47				■		■
77	Cumin Roasted Carrots with Dill Yogurt	316	30	9	10	6	358	753				576				■				■
24	Lemon-Parmesan Crispy Smashed Potatoes	158	20	0	3	2	211	535							■	■	■	■		■
84	Mashed Potato & Rutabaga Casserole	174	25	0	8	3	272	648								■		■		■
60	Olive Oil–Poached Carrots & Shallots	150	15	0	2	4	173	415				284			■	■	■	■	■	■
60	Potato & Parsnip Gratin	257	47	0	7	6	353	1,037						24		■				■
87	Spinach, Feta & Root Vegetable Crostata	262	22	0	7	4	346	411		35		61								■
87	Steamed Broccolini with Creamy Lemon-Caper Sauce	166	10	0	6	2	315	411				45		185	■	■		■		■
48	Tikka Masala Tian	101	16	0	4	5	239	344				21		30		■	■	■		■
Vegetarian & Vegan																				
42	Artichoke & Whipped Feta Flatbread	331	33	0	13	4	777	286					30		■			■		■
48	Baked Potatoes with Tikka Masala Chickpea Chaat	446	73	0	15	11	421	950						33		■	■	■		■
81	Butternut Squash Risotto with Mascarpone	376	38	3	4	3	274	119				87				■				■
28	Cauliflower Fajita Skillet	302	48	0	9	9	507	622		22				86	■	■	■	■	■	■
37	Pasta & White Bean Soup	277	49	0	12	9	576	329				44		30	■		■	■		■
48	Tikka Masala Naan Pizza	329	42	0	17	6	633	186						22	■			■		■
41	Winter Vegetable Mulligatawny Soup	487	76	0	14	14	406	983		28	26	149		44			■	■	■	■
Chicken																				
30	Buffalo Chicken Mini Meatloaves	331	19	2	26	2	483	847				43	38					■		
27	Cheesy Portobello Chicken Cutlets with Broccoli	376	12	0	37	3	737	819	27				29	61	■	■		■		
35	Chicken & Mushroom Ragu	464	51	0	28	8	399	869			24	72		24	■			■		
34	Creamy Harissa Chicken Cutlets	298	5	0	25	1	261	328				41		22	■	■		■		
Fish & Seafood																				
29	Horseradish Salmon with Crispy Leeks	316	9	0	29	1	425	578					251		■	■		■		
32	Spicy Shrimp, Vegetable & Couscous Bowls	478	52	0	28	6	236	365				23		34	■		■	■		
48	Tikka Masala-Glazed Salmon Kebabs	290	15	0	31	4	200	1,096		26		82	188	173	■	■	■	■		
Beef Pork & Lamb																				
90	Braised Brisket with Tomatoes & Onions	333	13	0	32	3	423	840			28		105			■		■		
93	Brisket, Potato & Leek Kugel	336	39	0	20	4	392	1,087		20	23		52					■		
26	Chorizo & Black Bean Stew with Collards	426	28	0	32	12	494	928	31	49	20	152		60	■	■		■		
40	Gochujang Steak with Roasted Potatoes & Broccolini	545	61	13	31	7	769	775			23	32	46	127	■			■		
90	Grill-Smoked Barbecue Brisket	221	9	5	31	1	467	557					109			■		■		
36	Pork Chops with Citrus & Fennel Salad	343	16	0	20	4	695	633				87		57	■	■		■		
33	Pork Schnitzel with Creamy Dill Sauce	363	15	0	23	1	387	283					20		■			■		
78	Red Wine–Braised Lamb Shanks	431	14	0	54	2	499	1,064			29	59	204							
59	Roast Pork Loin with Salsa Verde	285	2	0	21	1	417	441						26		■		■		
92	Smoked Brisket & Bok Choy Noodle Soup	377	39	5	33	3	819	977			28	28	94			■				
95	Smoked Brisket Tacos	537	43	1	38	9	838	947	21	25	21	20	119	23		■		■		
94	Smothered Potato Latkes	442	36	0	21	5	639	1,201			20		55					■		
Baked Goods & Desserts																				
38	Chocolate Peppermint Crinkle Cookies	169	18	11	2	2	54	18												■
61	Cranberry Clafoutis	176	32	15	5	2	275	138										■		■
81	Malva Pudding	230	27	20	3	0	245	64												■
101	Pomegranate-Ginger Meringue Pie	252	26	12	4	0	171	107												

For more info about our nutritional analyses: *eatingwell.com/go/guidelines*

TED & CHELSEA CAVANAUGH STYLING· NORA SINGLEY

Chocolate Peppermint Crinkle Cookies

We made these cookies with half whole-wheat flour to up the fiber to 2 grams in each one.

PAGE 38

Meals That Heal

Meet the New Jersey nonpro t providing nutritious food to families experiencing childhood illness.

By Julie Kendrick
Photo by Valery Rizzo

When Stacey Antine's father was being treated for cancer, she knew he was getting great medical care, but one area of support was lacking: nutrition. Her family didn't received much guidance—just a handout and the suggestion that her dad eat crackers to combat his nausea. But the New Jersey-based dietitian knew the right food could help his healing process. "Patients need nutrient-dense calories to maintain their weight and to speed up recovery," Antine says. Even with her professional training, she had to figure out what type of foods would best meet the specific needs of cancer patients. When her dad recovered, Antine decided to couple her newfound expertise along with her passion for encouraging kids to eat more healthfully, to help caregivers with children going through treatment.

WHAT SHE DID Antine launched Healing Meals in 2016. She and volunteers prepare soups, snacks, meals and desserts for kids and their families that are stocked in freezers located in outpatient treatment areas at Hackensack University Medical Center and at St. Joseph's Children's Hospital in Paterson, New Jersey. "It's so emotionally draining to help a loved one with a cancer diagnosis. No one wants to go home from the clinic and cook," she says. The free meals are tasty and nutritious for anyone, but especially those coping with illnesses like cancer that can a ect taste and appetite. "Sometimes animal proteins can taste metallic to those who are in treatment, so we emphasize plant-based proteins, critical for tissue regeneration, in dishes like Italian lentil soup," explains Antine. Another o ering: Gingersnaps, which have a double-punch of healing ingredients—nausea-combating ginger plus molasses, which is high in iron. (Stores of this mineral can be depleted during a prolonged illness.)

WHY IT'S COOL The organization has provided 45,000 meals to patients and families to date. One of the Healing Meals volunteers is Sarah Harinstein. She and her daughter, now 14, are cancer survivors. "When you're living through the devastation of a child's illness, one of the first things to go by the wayside is self-care," she says. "Volunteering has been a meaningful way for us to give back to and support the cancer community." Nan Norbitz Kelly, executive director of Tomorrows Children's Fund, a nonprofit that provides financial support to families whose children have cancer or a serious blood disorder, says these meals are important in bringing normalcy to families' lives: "After being in the clinic for a long day of treatment, a home-cooked meal can mean so much."

Scan with your phone s camera for helpful advice on eating during cancer treatment.

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